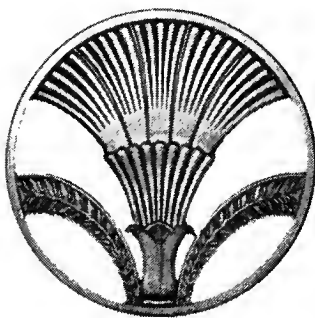


TOLEDO PUBLIC SCHOOLS

DOMESTIC SCIENCE
FOR
ELEMENTARY GRADES

THE BOARD OF EDUCATION
TOLEDO, OHIO
1912

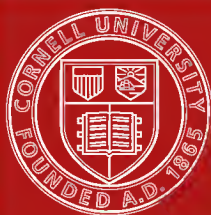
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TOLEDO PUBLIC SCHOOLS

COURSE OF STUDY
IN
DOMESTIC SCIENCE
FOR
ELEMENTARY GRADES

THE BOARD OF EDUCATION
TOLEDO, OHIO
1912

COMMITTEES ON COURSE OF STUDY IN
DOMESTIC SCIENCE

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SEVENTH GRADE COURSE.

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LESSON 1.

WEIGHTS AND MEASURES.

(All ingredients in these recipes are measured level).

All dry materials should be sifted before measuring.

A cupful is even full to the top.

A scant cup is one in which the material is one-fourth inch from the top.

To measure a cupful, put the ingredients in by spoonfuls, round slightly and level with a knife, taking care not to shake the cup as this packs the ingredients.

A level spoonful is one in which the material is even with the edge of the spoon. One half spoonful is measured by dividing the middle lengthwise.

“Butter melted” is butter measured before melted.

“Melted butter” is butter measured after melting.

TABLE OF ABBREVIATIONS

tsp.—teaspoon.	hr.—hour.
tbsp.—tablespoon.	qt.—quart.
c.—cup.	pt.—pint.
spk.—speck.	lb.—pound.
min.—minute.	oz.—ounce.

TABLE OF WEIGHTS AND MEASURES.

3 tsp.—1 tbsp.	4c. flour—1 lb.
16 tbsp.—1 cup.	2c. solid butter—1 lb.
8 oz.—1 cup liquid.	2c. granulated sugar—1 lb.
2 gills—1 c.	3c. cornmeal—1 lb.
2c.—1 pt.	2 $\frac{2}{3}$ c. powdered sugar—1 lb.
2 pt.—1 qt.	2 $\frac{2}{3}$ c. brown sugar—1 lb.
4 qts.—1 gal.	Juice one lemon—3 tbsp.

RULES FOR WASHING DISHES.

Collect all dishes, scraping well and rinsing when necessary and pile all those of the same kind together. This should be done in the kitchen, not on the dining room table. Use an earthen or granite dish for scraps, never a dish from the table.



TABLE SETTING—TEA

Use hot soapy water for the dishes and wash in the following order:—glass, cups and saucers, silver, plates, larger dishes and platters, tins and cooking utensils. Change water as often as necessary during the washing.

Rinse dishes thoroughly, and wipe perfectly dry, using enough towels to have the work well done. Empty the dish water, wash pans, get clean water and rinse the towels and dish cloth. After emptying the water, wipe pans dry with a cloth kept for that purpose.

Under some conditions, a better order is to wash tins and cooking utensils first, then get clean water and wash table dishes.

SPECIAL RULES:

1. Do not soak wooden handled knives and forks in water, as this loosens the handles.

Scour steel knives and forks with bath brick or some good scouring material, using a cork.

2. Be careful not to wet the cogs of Dover egg beaters. Wash the lower part and wipe off the handle with a damp cloth. Water washes the oil from the cogs, making the beater hard to turn.

3. Clean sticky tins or frying pans with iron dish cloth or scrub brush. After wiping greasy pans with soft paper, put hot water in them with a teaspoon of sal-soda solution and let stand for a short time.

4. Soak dishes that have contained milk, eggs or starchy foods in cold water, those having contained sugar in hot water.

5. Wash tea and coffee pots in hot water without soap, rinsing well and wiping dry, and allow to stand open for a while.

6. Scour moulding boards with the grain of the wood, using scrub brush and scouring material when necessary, being careful to rinse well.

When soda-ash, which is a white powder, is dissolved in hot water and the solution is cooled, crystals of the common washing soda are formed. This is sometimes called sal-soda. It should never be used in solid form, but dissolved in a separate dish, then put in bottles labelled "sal-soda solution." Add in small quantities to water to soften it, usually a teaspoon to a dishpan full for washing dishes.

Soda-ash, the basis of many commercial washing powders, is the cheapest form to use.

Proportion for sal-soda solution:

1 lb. sal-soda to 2 qt. water. Soft water preferred.

LESSON 2.

WATER.

Water occurs more commonly and in larger quantities than any other liquid. Three fourths of the earth's surface is covered with water. It is found in the bodies of men and animals, in fruits, vegetables, plants, in rocks and many other things that seem to be dry.

Water is either hard or soft. The hardness of water is due to the lime and other minerals absorbed during its passage through the rocks and earth. Water that comes directly from the clouds is soft water containing no minerals.

Put a pan of cold water over the fire and watch it. Soon little bubbles form on the edge and bottom of the pan. This is the air in the water which is expanded by the heat. The bubbles break as they reach the colder water near the top, and the cold water being heavier goes to the bottom. A slight motion is the result and the water is said to be simmering. The temperature is then 180 degrees F.

After a while all of the water becomes very hot. Larger bubbles form breaking above the surface, causing a bubbling all over the top, and the water boils. The temperature is then about 212 degrees. After the water has reached the boiling point, it can be made no hotter under ordinary circumstances.

USES OF WATER IN THE BODY.

To quench thirst.

To thin blood.

To assist the circulatory system.

To aid digestion.

To regulate the temperature.

To stimulate the nervous system.

To carry off waste.

TEA

Tea consists of the dried leaves of an evergreen shrub, a native of China, though it is cultivated in other countries. Only the young leaves and buds are picked for the market, the youngest making the finest tea.

Freshly picked leaves, rolled and dried quickly by artificial heat, keep their natural color and are sold as green tea. Black tea is produced from the leaves left in heaps upon the ground to darken and develop a different flavor before being rolled. Both teas come from one kind of shrub.

Tea is valued chiefly for its theine, a stimulating property, which is not harmful if not taken in excess. It also contains tannin, a bitter substance, which is used in making ink and tanning leather.

TEA

Scant $\frac{1}{2}$ tsp. tea.

1c. boiling water.

Scald tea pot, put in tea, and pour over it the freshly boiling water. Steep for 5 min., but do not boil.

Tea is served with lemon and cloves as well as with cream and sugar.

COFFEE.

Coffee is the seed or "berry" of the cherry-like fruit of a tropical evergreen, each fruit containing two berries. When the fruit begins to shrivel, it is shaken to the ground and dried until the seeds can easily be separated from the pulp. To do this, the seeds are run between wooden rollers, after which they are roasted in a revolving cylinder. Great care must be taken to have the degree of heat that will best develop the flavor and aroma.

The best grade of coffee is known as Mocha. A good mixture is one part of Mocha and two parts Java. Buy freshly roasted coffee and grind it at home as needed, if possible, as ground coffee in many cases may be mixed with cheaper materials. Use an enameled or earthen coffee pot.

Put a teaspoon of coffee into a glass of water. The particles that float are coffee, the ones that sink are chickory.

2 tbsp. coffee. 2 tbsp. cold water.
¼ tsp. egg or ½ crushed egg shell. 1c. boiling water.

A general rule for coffee is to allow 2 tbsp. for each person and 2 extra tbsp. for the coffee pot, with 1 c. boiling water for each 2 tbsp. of coffee. In making coffee in large quantities, it is not necessary to allow the extra coffee.

There are 51½ c. or 88 tbsp. in 1 lb. ground coffee.

FRUITS.

Starch may be present in unripe fruit, but disappears as the fruit ripens, changing to sugar and gums. One of these gums is pectin, a substance somewhat like gelatine, found in animal tissues. Pectin gives fruit its power to form jelly.

Fruits containing large amounts of sugar:—

Fruits containing large amounts of water:—

Fruits containing large amounts of mineral:—

Apples.	Oranges.
Lemons.	Grape Fruit..

RULES FOR EATING FRUIT.

1. Thoroughly ripe fruit should be freely eaten, taking the place of many made desserts. Unripe fruit is hard to digest. Over-ripe or unsound fruit is poisonous.

2. Cooked fruit is more easily digested by some than uncooked. Fruit not quite ripe is made safe by thorough cooking.

TO PREPARE AND SERVE FRUIT.

Clean fruit before using. Rinse berries and grapes quickly in cold water, by putting in a strainer or collander and pouring water over them. Wipe larger fruits with a damp cloth.

When cooking fruit use silver or wooden spoons and earthen or enameled dishes.

Fruit should be served cold, except when taken directly from the tree or vine.

Sometimes fruit is sugared before being sent to the table. Oranges and pineapples may be sliced and sugared and allowed to stand for half an hour. Peaches discolor easily and should be prepared quickly and sent to the table at once.

BAKED APPLES.

Wipe apples, and core if desired. Put in a baking dish and fill the centers with sugar. If not cored, sprinkle with 1 tbsp. sugar for each apple. Cover the bottom of the dish with boiling water and bake in a moderate oven from 20 to 30 min. or until soft. A little spice may be added.

APPLE SAUCE.

6 sour apples.

Water.

Sugar and nutmeg or cinnamon to taste.

Wash, pare and slice apples. Put in a sauce pan with the water, cover and cook until soft. Mash, add sugar and spice and 1 tsp. butter.

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LESSON 4.

EGGS AND ALBUMEN.

An egg contains all the foods necessary for our bodies except starch, but they are not in the right proportion. An egg has three distinct parts, the white, composed of albumen, water and mineral matter; the yolk which contains in addition to these, oil and sulphur; and the shell composed of mineral matter.

The shell of a newly laid egg is almost full, but as it is very porous, the water quickly evaporates.

The white of egg or albumen, is a half-liquid sticky mass, nearly clear and of slightly yellowish color. It is called the white of egg because it turns white upon being heated. It is dissolved in cold water. If heated slightly, it first turns to a soft jelly-like white mass, very easily digested. If heated to a higher temperature it becomes a dense tough white solid, almost indigestible.

Albumen is one of the tissue builders.

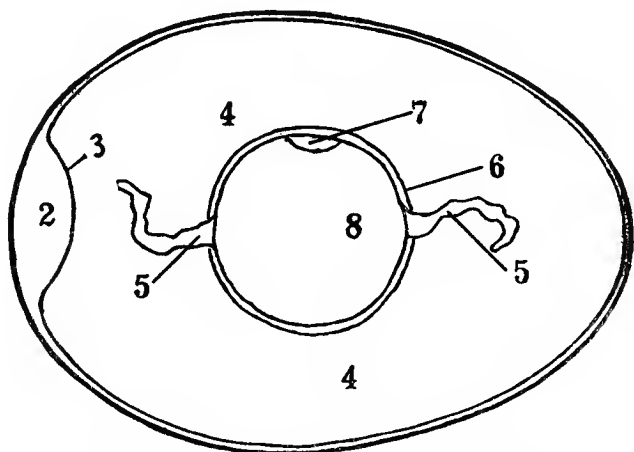


DIAGRAM SHOWING THE SECTION OF AN EGG

- | | | | |
|--------------|-----------------|-------------------------|---------|
| 1—Shell. | 3—Membrane. | 5—Twisted Cords. | 7—Germ. |
| 2—Air space. | 4—White of egg. | 6—Membrane around yolk. | 8—Yolk. |

The yolk of the egg is a yellow liquid enclosed in a thin membrane. When it is heated slightly it is little changed, but

if boiled, it at first becomes a sticky indigestible mass, then if boiling continues, it turns to a mealy substance. Attached to the yolk of the egg are two twisted cords which are used to keep the yolk balanced and in the right position in the shell. The little round spot on one side of the yolk is the embryo from which the chick grows, just as the seedling grows from the embryo of the seed.

CARE OF EGGS

Eggs should be washed clean and put away in a cool dry place as soon as received. The shell may then be used to clear coffee, soups, etc.

The spoiling of an egg is due to the evaporation of water contained in it by the air and germs admitted through the pores of the shell. All methods of preserving eggs must therefore exclude the air, and close the pores of the egg, to prevent the escape of the moisture contained in it.

1. One method, not very successful however, is to cover the egg with a coating of melted paraffin. Care should be taken not to have the paraffin too hot as it will spoil the egg.

2. Eggs may be preserved by putting them into cans containing liquid glass. This keeps them well for all purposes except cooking in the shell. The shell is rendered soft by this process.

3. Put eggs with the small ends down, into sawdust, bran, oats, salt or any other substance that will hold moisture for a long time, thus preventing the evaporation of the water in them. The small end is placed down to prevent the air space which is usually in the large end of the egg from working around to the small end and breaking the yolk.

4. The last and most used method is to pack the eggs with the small ends down, into crates with a compartment of paste board for each egg, and keeping them in cold storage. This holds the moisture in for a long time and even if germs enter they cannot grow rapidly in the low temperature. The eggs can be kept in this manner for a long time.

TO TELL A FRESH EGG

1. Hold the egg between the eye and a candle. If the egg is fresh, it will appear pink and nearly transparent. If it is stale, it will appear cloudy. This method is called candling eggs.

2. If an egg floats on water it is stale. A fresh egg is heavy. The evaporation of the water makes it light, therefore it floats.

3. Shake the egg. If it rattles it is likely to be stale, as the egg does not fill the shell if the water is evaporated.

To break and separate an egg, hold the egg in the left hand over a saucer, and crack the shell with a knife or by hitting it against a sharp edge. Insert the thumbs in the crack, turn the hands so the egg stands upright and lift off the top. The yolk will then stay in one half of the shell and not be broken against the sharp edges of it. Drain off all of the white possible. Slip the yolk from one half of the shell to the other until all the white is drained off.

CAUTION

If more than one egg is used, break them singly into a cup or dish so that all may not be spoiled if one is not fresh, or that if one yolk is broken, it may not be mixed with the other whites.

Another method of separating eggs is as follows. Break the egg into a saucer being careful to keep the yolk whole. With a tablespoon carefully lift out the yolk without any of the white.

When separating the whites from the yolks of eggs, if the yolk is accidentally broken into the whites, dip a clean cloth into warm water and wring it dry. Touch the yolk with a point of this cloth and it will cling to the cloth at once.

BEATING EGGS

The yolk should be beaten in a bowl with a fork or Dover egg beater until light colored and thick.

The whites should be beaten in a deep plate or platter with a wire beater or in a bowl with a Dover egg beater. Whites are beaten "stiff" if a knife-cut made in them does not close. They are "dry" when they lose their gloss and fly off in flakes when beaten.

EGG AS AN ANTIDOTE.

Strong acids such as carbolic acid, corrosive sublimate, or creosote which are very poisonous, will harden albumen like boiling water. Therefore if any of them are taken into the stomach, the raw white of egg, swallowed quickly, will combine with the poisons and protect the stomach.

HARD BOILED EGGS

Cook eggs in water just below the boiling point from 20 to 30 min. Serve at once.

SOFT BOILED EGGS

Cook eggs in water just below the boiling point from six to ten minutes. Serve at once as they harden if allowed to stand in the hot shell or put them in cold water and cook till the water just *begins* to boil. Remove at once and serve.

POACHED EGGS ON TOAST

Toast a slice of bread for each egg. Before toasting, trim neatly, or cut with a round cutter. Scrape off any burnt portion. Have a very clean shallow pan nearly full of boiling salted water. Remove all of the scum and let the water simmer. Break each egg into a saucer. Slip gently into the water. If the egg is not entirely covered by water, dip water over it with a spoon. When a film has formed on the yolk, take up each egg with a skimmer. Drain, trim the eggs and place on buttered toast. Put a piece of butter and a little salt and pepper on each egg.

LESSON 5.

EGGS—(Continued)

Eggs and egg mixtures should be cooked at a low temperature.

If eggs are used to thicken a mixture or to add richness, they should be beaten very little. If they are used to make a mixture light, they are beaten stiff or dry.

FLOATING ISLAND

2 c. milk.	$\frac{1}{8}$ tsp. salt.
Yolks of three eggs.	$\frac{1}{4}$ tsp. vanilla.
$\frac{1}{2}$ c. sugar.	

Heat the milk in a double boiler. Beat eggs slightly, add sugar and salt. Pour the hot milk gradually on the eggs, stirring constantly. Cook in a double boiler till the moisture thickens and a coating is formed on the spoon. Take custard from the fire

before it is done, as the heat of the boiler cooks it even while it is being turned out. If it begins to curdle, set the upper part of the double boiler immediately into a pan of cold water and beat with a Dover egg beater. Strain if necessary, cool and flavor. The whites of eggs may be beaten and sweetened with powdered sugar, using 1 tbsp. of sugar for each egg. Put in a pan on top of hot water, and bake till brown in the oven, or cook by dropping from a spoon in hot water, on the top of the stove. Serve on the custard.

BAKED CUSTARD

1 pt. milk.	6 tbsp. sugar.
2 or 3 eggs.	$\frac{1}{8}$ tsp. salt.

Scald the milk. Add sugar and salt to the beaten eggs, and pour the milk slowly over them. Put in a buttered baking dish, grate nutmeg over the top. Set the dish in a pan of hot water, and bake till a knife, when inserted, will come out clean. If baked too long the custard will separate and become watery.

LESSON 6.

MILK

Milk when pure forms a perfect food, especially for an invalid or child, and contains all the necessary elements to support life. In foreign countries the milk of other animals as well as that of the cow, is used to some extent.

Milk consists of sugar, water, fat, mineral matter, albumen and casein. Care should be taken when milk is received to place it in clean dishes kept for that purpose. Milk easily absorbs germs when it is exposed to impure air and so becomes a common source of disease.

When milk is allowed to stand, the fat rises to the top in the form of cream and may be separated from the rest of the milk. If allowed to stand too long, milk sours. It then separates into two parts; the watery part or "whey" and the thick part or "curd." The curd may be made into cheese. In souring, the sugar in the milk is changed to lactic acid on account of certain bacteria that get into the milk from the air. Dishes in which milk is kept should be thoroughly scalded after washing and dried in the sun if possible.

Butter is made from cream. Churning separates the fat. It is then washed to free it of buttermilk, and salted. Butter may be made from either sour or sweet cream.

Absolute cleanliness is necessary to produce wholesome butter.

To scald milk, put in a stew pan or double boiler and heat until it steams or bubbles from around the edge.

DUTCH CHEESE

Heat slowly, thick sour milk on the back of the stove or in a pan of hot water. As soon as the curd separates from the whey, strain through a cloth, allowing it to drip until rather dry. Put in a bowl and stir with a fork, adding salt, pepper and cream to taste.

JUNKET

1 pt. milk. $\frac{1}{4}$ tsp. vanilla. $\frac{1}{4}$ c. sugar.

1 tbsp. liquid rennet or 1 junket tablet dissolved in 1 tbsp. water. Heat milk in a double boiler till lukewarm. Add sugar and stir till dissolved. Stir in vanilla and rennet and pour into a dish. Let stand in a warm place undisturbed until it thickens, then set in a cool place till firm. Sprinkle with cinnamon or nutmeg and serve with cream and sugar.

MILK TOAST

Scald milk, add butter and salt to taste. Pour over toast and serve at once. The milk may be thickened slightly like a thin white sauce.

NOTES

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LESSON 7.

RICE

Rice is almost pure starch. It does not contain fat, so butter or cream is suitable to eat with it. This lack of fat makes it a splendid food for a tropical climate. It is very nourishing and easily digested, and is a good substitute for potatoes.

RICE PUDDING NO 1

$\frac{1}{2}$ c. rice. $\frac{1}{2}$ c. sugar. 1 qt. milk.

Wash rice, mix ingredients, pour into a pudding dish. Bake from 2 to 3 hrs. in a very slow oven at first, then let it brown slightly. Serve hot or cold.

RICE PUDDING NO. 2

2 c. cooked rice. $\frac{1}{2}$ c. sugar.
 $\frac{1}{2}$ c. raisins. Vanilla or cinnamon.
 1 c. milk.

Mix all together, put into a pudding dish and bake until brown. An egg thoroughly beaten may be added if desired. To wash rice, put rice in strainer, and let cold water run over it till clear. Remove all discolored grains.

CHOCOLATE

All preparations of cocoa or chocolate and cocoa shells are the products of the seeds of the cocoa tree. These seeds, called cocoa beans, which are about the size of almonds, lie surrounded by a fibrous pulp in a brownish yellow pod about a foot long which grows from the trunk or large limbs of the tree, instead of from the branches.

The seeds are separated from the pods, allowed to ferment on the ground and are then roasted. The thin shell is removed, the kernel cracked and broken into small pieces. These cocoa nibs are then ground, forming a smooth paste, which is poured into moulds for bitter chocolate, or sweetened and moulded for sweet chocolate. For cocoa, the fat is extracted under pressure and the remainder powdered.

CHOCOLATE

1 or 2 sq. of cake chocolate. 1 pt. water.
3 tbsp. sugar. 1 pt. milk.

Put chocolate with water into sauce pan. Heat until the chocolate melts. Add sugar and boil 10 min. Add milk, bring to boil and beat 2 min. with a Dover egg beater.

LESSON 8.

BLANC MANGE

4 tbsp. cornstarch. 1 pt. milk.
 $\frac{1}{2}$ c. sugar. Lemon rind or cinnamon
 $\frac{1}{8}$ tsp. salt. stick.

Mix cornstarch, sugar and salt. Add scalded milk, lemon rind or cinnamon stick. Cook 20 min. in a double boiler. Remove rind or cinnamon stick and pour into moulds, wet in cold water. Cool and serve with cream and sugar or boiled custard.

MINUTE PUDDING (Demonstrate)

4 tbsp. flour. 2 c. milk. $\frac{1}{8}$ tsp. salt.

Mix flour and salt with $\frac{1}{4}$ c. of the milk. Scald the remainder of the milk and thicken with the flour paste. Cook 20 min. Serve with cream and sugar or preserves.

LESSON 9

CREAM SOUPS

Soups should form an important article of diet in every household, since they are nourishing or stimulating and comparatively cheap.

There are two classes of soups, those with and those without stock.

Cream soups are made of cooked vegetables or fish, added to thin white sauce. They are quickly prepared and are very nourishing.

"Purees," also belonging to this class, are made of vegetable or fish, cooked and forced through a strainer and added to a white sauce. Purees are generally thicker than cream soups.

GENERAL DIRECTIONS FOR CREAM SOUPS

Cook vegetables in water till soft; press through a strainer. Melt the butter in a sauce pan or double boiler, and add the flour. Add milk and stir until it thickens. Add the strained vegetable and season. Bring to a boil and serve. The amount of flour used varies with the thickness of the strained vegetable.

The thickening of soups is often called "binding."

POTATO SOUP

1 slice onion.	2 tbsp. butter.
1 stalk celery.	1 tbsp. flour.
1 pt. milk.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{2}$ c. mashed potatoes.	$\frac{1}{2}$ tsp. celery salt.

Cook onion and celery with the milk in double boiler or stew pan 15 min. and add mashed potatoes. Rub through a strainer. Melt butter in double boiler, add flour, and when smooth, the milk which has been strained. Season, cook about 5 min. and serve.

MOCK BISQUE OR TOMATO SOUP

1 can tomatoes.	4 tbsp. flour.
$\frac{1}{8}$ tsp. soda .	1 qt. milk.
3 tbsp. butter	1 tsp. salt.
$\frac{1}{8}$ tsp. pepper.	

Stew tomatoes till soft, strain and add the soda. Melt butter in double boiler, add flour, and when smooth, the milk gradually. Cook 10 min. Add seasoning and hot strained tomatoes last. Serve at once. If the soup should curdle, beat it with a Dover egg beater.

CHEESE STICKS

Cut bread in slices, spread thinly with butter. Cut in inch strips, sprinkle with grated or sliced cheese and bake till a delicate brown.

LIST OF CREAM SOUPS

Cream of Asparagus.
Cream of Pea.
Cream of Corn.
Cream of Celery.
Cream of Spinach.
Cream of Bean.
Cream of Cauliflower.
Cream of Clam.
Cream of Lima Beans.
Cream of Fish.

NOTES

LESSON 10

WAYS OF PRESERVING MEAT AND FISH

1. By freezing. If meat or fish have been preserved by freezing they must be kept packed in ice until used.

2. By refrigeration. Foods preserved in this way are kept in cold storage. They are generally kept cool by means of ice or artificial refrigeration.

3. By canning. By this method they are put up in air tight glass jars or tin cans.

4. By drying. Drying consists of evaporation of nearly all moisture and is generally used with salt.

5. By evaporation. By this method much of the moisture, though not all, is driven off.

6. By salting. There are two kinds of salting, dry and corning or salting in brine.

7. By smoking. Some foods after being salted, are hung in a closed room for several hours, where hickory wood is allowed to smother.

8. By pickling. Vinegar, to which salt is added, and sometimes sugar and spices, is scalded and the food is allowed to remain in it.

9. By oil.

10. By antiseptics. This is the least wholesome way. Some antiseptics used are borax, salicylic acid and formalin.

Part of the nourishment is lost by preserving, and in most cases the meat or fish is not so easily digested as the fresh food.

The advantage in preserving meat or fish is that they may be carried long distances and kept indefinitely.

CODFISH BALLS

- | | |
|---------------------------|-----------------------------|
| 1 c. salt codfish. | $\frac{1}{2}$ egg. |
| 2 c. diced potatoes, raw. | $\frac{1}{2}$ tbsp. butter. |

Shred codfish, add potatoes, cover with boiling water, cook until potatoes are tender. Drain and mash. Add beaten egg and butter, shape in tbsp. and saute or fry in hot fat. Serve hot. They may be shaped in flat cakes and rolled in flour.

CREAMED CODFISH

$\frac{1}{4}$ lb. codfish.	2 tbsp. butter.
1 pt. milk.	Pepper.
4 tbsp. flour.	

Shred the codfish and remove all the bones. Cover with cold water and boil 2 min. Drain and add the milk. Cream the butter and flour, add hot milk till thin enough to pour. Stir into the milk and codfish. Cook until it thickens. To make it richer add the beaten yolks of one or two eggs. Cook one minute and serve.

LESSON 11.

OYSTERS

Oysters are a salt water shell fish found in shallow water along the shore of the ocean. They fasten themselves to rocks when about a year old. They must be five years old before they are large enough to eat. Oysters grow crowded together forming what is called oyster beds. They are obtainable all the year, but are in season from September until May. During the summer months they are flabby and of poor flavor, although when very fresh they are perfectly wholesome.

The natural color of fresh oysters is grey. Avoid using white plump oysters as they are often soaked in stale impure water. The green color often seen in oysters is due to vegetable matter, such as sea weed which the oyster has eaten. It does not spoil the flavor nor food value of the oyster.

Oysters have about the same composition as milk. They should never be boiled, as the high temperature makes them tough, leathery and indigestible. The high price of oysters makes them a luxury.

To clean oysters.—Place oysters in a strainer over a pan or bowl. Pour over them 1 c. of cold water for each quart of oysters. Pass the fingers quickly over each oyster to remove bits of shell and sea weed. Do not throw away the liquor drained off as it may be boiled, skimmed, and used in making oyster soup.

OYSTER SOUP

1 pt. milk.	$\frac{1}{2}$ qt. oysters.
1 tsp. salt.	1 tbsp. butter.
$\frac{1}{8}$ tsp. pepper.	

Clean the oysters. Heat the milk. Boil and skim the oyster liquor till clear, and add to the milk. Add oysters, and cook till the edges curl and the oysters are plump but do not boil. Add butter and seasoning and serve at once. If the soup has to stand before being served, make the soup, leaving the oysters and butter until ready to serve.

ESCALLOPED OYSTERS

$1\frac{1}{2}$ c. crumbs.	6 tbsp. milk or enough to
3 tbsp. melted butter.	moisten crumbs.
1 pt. oysters.	$\frac{1}{2}$ tsp. salt, pepper.

Stir the melted butter into the crumbs. Put in a baking dish a layer of oysters, prepared as for soup, then a layer of crumbs. Sprinkle with salt and pepper and add part of the milk and oyster liquor. Repeat, covering the top with crumbs. Bake 30 min. in a hot oven. Two layers of oysters are sufficient. If more are used, the center layer may be underdone.

TO BUTTER CRUMBS

2 tsp. butter to 1 c. crumbs. Melt butter, add crumbs and stir lightly with a fork until all crumbs are evenly coated.

CROUTONS

Cut stale bread into one-half inch slices, remove crusts, and cut bread into $\frac{1}{2}$ inch cubes. Brown in a hot oven and serve with soup.

NOTES

LESSON 12

SETTING TABLE

For directions for setting the table see page 155 in the appendix.

For menu, see Chap. 2, par. 8, appendix.

When a formal meal is served, a card with the name of the person written upon it, is placed at the left of the fork at each place.

CRANBERRIES

The cranberry is a small evergreen shrub growing in marshy places. The flowers are small and of a beautiful rose pink color. The berries are ripe in the fall, when they are gathered, put into crates and stored until late in October or early in November. They are very acid and need a large amount of sugar to make them palatable. On account of the large quantity of acid contained, they are a healthful food. They are used to make sauce, jelly and pies. Let the cranberries stand in boiling water for a few minutes, then pour off. Less sugar can then be used.

CRANBERRIES

2 c. cranberries.

1 c. sugar.

$\frac{2}{3}$ c. cold water.

Pick over and wash cranberries, put into a granite sauce pan. Sprinkle the sugar over them, add the water. After they begin to boil, cook slowly 10 min. closely covered without stirring. For jelly, strain the fruit before sugar is added and boil till it jellies.

Always use a granite pan and wooden spoon when cooking cranberries.

LESSON 13

Meat is the name given to the flesh of animals used as food.

STRUCTURE

Animal flesh is muscle, composed of fibres, each fibre being a bundle of small cells shaped like tubes. The tubes are filled with jelly-like proteid substances, and are bound together by delicate connective tissue, white in color. Fat cells are imbedded in the connective tissues, so that meat contains this fat in addition to that which is seen on the outside of the meat. Small blood vessels thread the connective tissues.

The muscle fibres have different lengths in different kinds of meats, the short fibre meats being more digestible.

The flesh of young animals is more tender, but not so nourishing as that of older ones.

The muscles used most are toughest, but contain more nourishment as the blood flows freely through them.

Good meat should be firm, elastic and of a bright uniform color; in fresh meat the outside is lighter than the inside, owing to the action of the oxygen on the blood.

The muscle should be fine grained, having a slight pleasant odor. It should have a marbled appearance, because of the fat in the fibres, and when cut should show no softening of the connective tissues.

The fat should be healthy looking and firm, its color varying from white to pale yellow, being whiter in young animals.

CREAMED DRIED BEEF

2 tbsp. butter.	1 pt. milk.
$\frac{1}{4}$ lb. dried beef.	$\frac{1}{8}$ tsp. pepper.
4 tbsp. flour.	Toast.

Saute dried beef in hot butter till it curls up. Remove from fire, sprinkle the flour over beef and stir till it disappears. Pour in milk and cook till thick, stirring constantly. Add pepper. Pour over toast and serve at once.

NOTES

LESSON 14

SUGAR

Sugar in general is made from the juice of a tropical plant called sugar cane, and from sugar beets. Natural sugar is also found in the sap of the maple trees and in honey.

Sugar is a very necessary article of food, if taken in small quantities. It produces heat and energy in the body.

The stalks of the sugar cane are crushed between rollers and the sweet juice obtained is boiled to a thick syrup in large copper vessels. As it slowly cools part of it separates into crystals. The liquid that will not crystalize is called molasses. This is drained off, and raw sugar, a coarse, unrefined, brown product, is left.

This raw sugar is mixed with hot water, treated with lime, to neutralize any acid present, and then filtered through charcoal. Next it is boiled in vacuum pans. These are covered vessels from which the air is excluded.

The air pressure being reduced, the sugar solution can be evaporated to a thick syrup without danger of burning it. Granulated sugar is made from this syrup by putting it into centrifugal machines, rapidly revolving cylinders which throw out the part of the syrup which will not crystalize, leaving a mass of white crystals.

Block sugar is made by running the syrup into moulds, where it hardens and is then sawed into cubes.

Powdered sugar is made by grinding the fragments broken off in sawing block sugar. Brown sugars are less refined sugars.

When heated to 356° F., sugar becomes a colorless liquid called barley sugar. At 420° the sugar turns brown and is called caramel. If heated still further its oxygen and hydrogen pass off as steam, leaving only a black carbon, one-fourth the weight of the original sugar.

PEANUT BRITTLE

1 c. granulated sugar.

1 c. shelled peanuts.

Remove skins from nuts and spread on a buttered pie tin. Carmalize the sugar; that is, melt it carefully and slowly and when entirely melted pour over the nuts.

CHOCOLATE FUDGE

- | | |
|------------------------|------------------------|
| 2 c. granulated sugar. | $\frac{1}{2}$ c. milk. |
| 2 sqrs. chocolate. | 1 tbsp. butter. |

Put sugar, chocolate and milk together in a saucepan and cook over fire, stirring constantly, until when tried in cold water the mixture will form a soft ball. Remove from fire, and butter and beat vigorously until creamy. When it begins to harden pour out quickly into buttered pans.

BUTTER SCOTCH

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|----------------------------|--------------------------|
| 1 c. sugar. | 2. tbsp. boiling water. |
| $\frac{1}{4}$ c. molasses. | $\frac{1}{2}$ c. butter. |
| 2 tbsp. vinegar. | |

Boil ingredients together until when tried in cold water the mixture will become brittle. Turn into a well buttered pan; when slightly cool mark with a sharp pointed knife into squares.

LESSON 15

STOCK

Nearly all parts of the animal may be used as food, but from some parts we can obtain the nutriment in only one way. These are the bones, gristle, tendons, some kinds of fat, and that part of the lean meat which is tough and coarse in texture. These parts of meat are cheap and every family should know how to use them. Stock is the extract of meat and bone. The object is to draw all of the nutriment into the water, hence cold water is poured over the meat and then cooked slowly for a long time.

There are three ways of cooking meat in water.

1. When all of the nutriment is to be drawn out into the water, as in soups, cut the meat into small pieces, soak in *cold water* and cook slowly at a low temperature from 4 to 7 hours.

2. When the nutriment is to be part in the water and part in the meat as in stews, cut the meat in small pieces and pour *boiling water* over it. This prevents the escape of nearly all the juices. Cook 2 to 5 hours or till meat is tender.

3. When all the nutriment is to be left in the meat, as in pot roasts, leave the meat *whole* and sear all the outside. This prevents the escape of the juices. Put a small amount of *boiling water* on the meat and simmer slowly from 4 to 5 hours or till tender.

TO MAKE STOCK

Cut the meat in small pieces to expose all the surface possible, and put it into cold water with salt. Allow it to stand or soak one-half hour before heating, to draw out the juices. Heat gradually and simmer till the meat is in shreds, the bones clean, and all the nutriment possible extracted. This will take 6 to 7 hours. Cheap cuts of meat are used for soup, such as the shin or rump bone of beef, or the knuckle of veal. The water in which fresh meats are boiled may be cooked down, seasoned and used for stock.

The cover of the kettle should fit closely to keep in the steam. When the meat is in shreds, strain and allow the soup to cool so that the fat may come to the surface in the form of a cake and be removed. The stock may then be reheated and served alone, or with the addition of vegetables.

About two-thirds of the meat should be lean, the other third bone and fat.

Do not wash meat by putting in water to soak, but wash quickly with a wet cloth.

A GENERAL RULE FOR STOCK

2 lbs. shin of beef.	4 cloves.
2 tsp. salt.	1 tsp. mixed herbs.
2 qt. cold water.	$\frac{1}{8}$ tsp. celery seed.
8 pepper corns.	4 allspice.

Wipe and cut the meat and bone in small pieces. Put into the water with salt, and soak $\frac{1}{2}$ hour before heating, heat gradually. Add seasoning and simmer 4 to 5 hours. Strain and cool quickly. When ready for use, remove all fat, reheat and season to taste.

VEGETABLE SOUP

1 qt. stock.	$\frac{1}{2}$ c. celery.
1 pt. boiling water.	1 tbsp. rice.
$\frac{1}{2}$ carrot.	$\frac{1}{2}$ c. tomatoes.
$\frac{1}{2}$ turnip.	$\frac{1}{2}$ c. potatoes.
$\frac{1}{8}$ c. onion.	$\frac{1}{4}$ c. corn.

Cut vegetables into uniform pieces. Boil carrot, turnip, rice, onion and celery in water 20 minutes. Add other vegetables and cook until tender. Add stock and salt and pepper to taste. Boil up once and serve. Rice, barley and macaroni may also be added with the vegetables.

If stock is not used, cut 2 lbs. of meat in small pieces and put 2 qts. cold water on it, add spice and cook 5 or 6 hours. Strain, add vegetables and cook $\frac{1}{2}$ hour and serve.

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LESSON 16.

For Beef Chart see Chap. 3, par. 6, appendix.

BEEF

Beef is the meat from steer, ox, or cow, and is best when taken from an animal about four years old.

It is the most nutritious of meats and is most generally used. It is divided by splitting down the back bone, thus making two sides of beef. Each side is divided into hind and fore quarters, then into pieces and these again into cuts for selling.

The method of cutting and the names of the cuts vary in different parts of the country.

Good beef is firm, when first cut purplish red in color, turning to bright red upon exposure to the air. When tender it is fine grained. The fat is cream or straw color.

POT ROAST

Sear the cut sides of the meat in a hot kettle, add 1 c. of hot water, season with salt and pepper and keep just below the boiling point. Add water only as necessary to keep from burning. Cover closely and cook slowly until very tender, or from two to three hours. Remove meat and make a gravy in the kettle.

GRAVY

Pour off all but 4 tbsp. of fat from the kettle. Add 4 tbsp. of flour and stir until brown. Add slowly 2 c. boiling water. Cook until thick and smooth. Season with salt and pepper.

COTTAGE PIE

Chop cold meat fine. To every cupful of meat add $\frac{3}{4}$ c. of gravy or stock, season highly with salt and pepper and add $\frac{1}{8}$ tsp. summer savory. Put into a baking dish and cover with a crust of mashed potatoes. Bake 20 min. or until brown. Serve in the dish in which it is baked.

BEEF HASH

2 c. cooked beef.	$\frac{3}{4}$ c. water.
2 c. boiled potatoes.	2 tbsp. butter or drippings.
$\frac{1}{4}$ small onion, minced if liked.	Salt and pepper to taste.

Remove bones, gristle and fat from the meat and chop with the potatoes. Put water and onion in the frying pan, add butter or drippings. When melted, add hash, season, and let simmer until water is absorbed. Serve hot.

BAKED HASH

2 c. cooked meat.	1 c. gravy,
2 c. boiled potatoes.	or 1 c. water mixed with
$\frac{1}{4}$ small onion.	2 tbsp. butter.
	Salt and pepper to taste.

Mix meat, potatoes, onion minced, and seasoning. Put in baking dish pour in milk or other liquid, and bake about 20 min.

LESSON 17.

For veal chart see Chap. 3, par. 8, appendix.

VEAL

Veal is the meat of a calf from six to eight weeks old. It may be obtained throughout the year but it is better in the spring. The best veal is pale pink or flesh color with clear white fat. White veal or that from a calf less than six weeks old is unfit to eat. Veal has but little juice, flavor or nutriment, and should be thoroughly cooked, as it is not wholesome when underdone. Veal should be eaten soon after it is killed and dressed. It is lacking in fat, therefore some form of fat should be used in cooking.

VEAL STEW AND DUMPLINGS

2 lbs. veal.	For gravy:-
2 tsp. salt.	2 tbsp flour.
Pepper.	2 thsp. cold water.
1 onion sliced.	
4 small potatoes.	

Rinse veal quickly, cut in pieces, sprinkle with salt and pepper, add onion and cover with boiling water. Boil 5 minutes, and then simmer until tender from one to two hours. Parboil potatoes 5 min. Twenty minutes before stew is done, put in the potatoes. Mix dumplings quickly and drop on top of meat and potatoes, allowing ten minutes for them to cook. Gravy may be made by adding the thickening to the juice left in the kettle.

DUMPLINGS

1 pt. flour.	4 tsp. baking powder.
$\frac{1}{2}$ tsp. salt.	1 scant c. milk.

Mix dry ingredients, stir in the milk gradually to make a soft dough. Drop quickly by the spoonful into the boiling stew letting them rest on the meat and potatoes. Cover closely to keep in the steam, and boil just 10 min. without lifting the cover.

LESSON 18.

For mutton chart see Chap. 3, par. 7, appendix.

BRAISED MEAT

Braising is cooking in small amount of water in covered dish in an oven at a low temperature. It is a form of stewing in the oven. A casserole is a covered earthen dish or crock in which to braise meat and vegetables.

MUTTON

Mutton comes from sheep about three years old. It should hang from two to three weeks after killing to ripen. Good mutton is fine grained and a pink color, and the fat is white, hard and flaky. If the skin comes off easily, the mutton is sure to be good. Mutton ranks next to beef in nutrition and the broth is especially good for invalids.

Lamb is the name given to the meat of lambs. It should be eaten soon after it is killed. It may be obtained as early as February, but it is scarce until March. When it is killed from 6 weeks to three months old, it is called spring lamb; when one

year old a yearling. The flesh should be lighter red than that of mutton and the bone red.

No cold meat should be thrown away after a meal, as it may be used in making many palatable and nutritious dishes. It should be kept in a cold place.

BRAISED MUTTON

Wash quickly, put in a baking pan, either whole or cut in small pieces. Sprinkle with salt, pepper and flour. Put in a hot oven. After the flour begins to brown, add just enough water to cover the bottom of the pan. Cover tightly. Baste every 15 min. till done. Cook 12 to 18 min. to the pound.

MINCED MEAT ON TOAST

1 c. chopped cooked meat.	$\frac{1}{2}$ c. water or gravy.
$\frac{1}{2}$ tbsp. flour.	Salt.
$\frac{1}{2}$ tbsp. minced onion.	Pepper.
3 slices toast.	

Sprinkle flour on the meat, stir well, add onion, seasoning and water. Simmer 10 min. Serve on toast. If gravy is used, do not thicken.

LESSON 19.

STARCH

Starch is a fine, white, glistening powder found in various grains. If it is mixed with cold water and allowed to stand it sinks to the bottom of the dish unchanged. But if it is heated it turns to a clear jelly-like substance. Each little grain is shaped very much like a tiny oyster or clam shell, enclosed in a tough shiny covering called cellulose. The heat breaks the outside covering of each grain, allowing the starch to spread out and thicken the water. The grains have then lost their shell-like shape. Gravies, sauces and soups are thickened in this way. Lumps in starch mixtures are due to applying the heat before each little grain is separated from the other. Some then burst and form sticky paste around the dry grain, preventing the water from coming in contact with the starch grains to break them.

Starch is a force producing and heat giving food. It is entirely indigestible if each grain is not broken by heat. All starch must be mixed with the saliva in the mouth to convert it into sugar before it is swallowed into the stomach. If this is not done the starch is nearly useless to the body. Starch is almost wholly digested in the intestines. Starchy foods should be cooked thick so as to require thorough mastication before swallowing.

Potatoes are tubers or the thickened, underground stems of a plant. They are planted from cuttings, each piece containing two or more eyes. Potatoes are three-fourths water, the solid matter being starch with a small amount of albumen, mineral matter and cellulose.

They are indigestible when raw, on account of the starch contained. Next to the skin is an acid juice, draw out in cooking. New potatoes unless ripe contain little starch and are unwholesome. Late in the fall they are at their best. In the spring the starch changes, as they sprout, making them gummy and soggy. Potatoes furnish needed bulk in our food rather than much nutriment; being a heat giving and fat forming food, they should be eaten with meat, eggs, and fish, which supply protein.

BOILED POTATOES

6 potatoes. 1 tbsp. salt. 1 qt. boiling water.

Wash, scrub and pare potatoes of uniform size; and put in cold water. Drop in boiling salted water and cook till a fork will pierce them, or about 30 min. Drain off every drop of water, and put uncovered on back of stove, shaking gently to make them mealy, and allow steam to escape.

MASHED POTATOES

Potatoes. $\frac{1}{2}$ tbsp. butter.
 $\frac{1}{2}$ tsp. salt. Hot milk to moisten.

Mash the potatoes in the kettle in which they are boiled, using a wire masher. For every pt. of potatoes add the salt, butter and milk. Beat till white and creamy, pile lightly on a warm dish.

MASHED POTATO CAKES

Shape cold mashed potatoes into small round cakes. Put on a tin pan, brush with milk and bake till a golden brown, or saute in lard.

BAKED POTATOES

Select potatoes of uniform size, wash and scrub well. If the potato is perfect, cut off a small slice or prick with a fork to allow steam to escape while baking. Bake in a hot oven from 35 to 50 min. or till soft.

LESSON 20.

LYONNAISE POTATOES

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| 1 pt. of cold boiled potatoes. | 1 tbsp. minced onion. |
| $\frac{1}{2}$ tsp. salt. | 1 tbsp. chopped parsley. |
| $\frac{1}{2}$ tsp. pepper. | 2 tbsp. drippings or butter. |

Cut potatoes into small cubes and season with salt and pepper. Cook the onion in the drippings till a light brown, and add the potatoes. Stir with a fork until brown, add parsley and serve. 1 tbsp. of vinegar may be added.

STEWED POTATOES

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|-----------------------------|--------------------------|
| 1 pt. cold boiled potatoes. | 2 tbsp. butter. |
| $\frac{1}{2}$ c. milk. | $\frac{1}{2}$ tsp. salt. |
| spk. pepper. | 1 tsp. chopped parsley. |

Cut potatoes into small cubes. Heat milk and add potatoes and seasoning. Simmer slowly until milk is absorbed, add parsley and serve.

CREAMED POTATOES

- | | |
|-----------------------------|--------------------------|
| 1 pt. cold boiled potatoes. | $\frac{1}{2}$ tsp. salt. |
| 1 tbsp. butter. | dash of pepper. |
| 1 tbsp. flour. | 1 cup milk. |

Make a white sauce and add potatoes cut in dice. Let the potatoes heat through before serving.

TO CHOP PARSLEY

Remove leaves from stems of parsley and dry on a towel. Gather closely between thumb and fingers and cut through. Hold the point of the knife on the board and with a circular motion mince the parsley fine.

TO MINCE ONION

Remove covering from the onion about half way down. Score across the top about $\frac{1}{8}$ in. apart; score again in the opposite direction and then slice across the onion.

WAYS TO COOK POTATOES

Potatoes may be cooked in a variety of ways. The way of cooking should be determined by the kind of meat served.

Plain Boiled.	Stewed.	French Fried.
Mashed.	Scalloped.	Potato Chips.
Boiled with skins	Potato au gratin.	Croquettes.
on.	Baked.	German Fried.
Steamed.	Stuffed.	Lyonnaise.
Boiled with stew	Roasted with meat.	Hash Browned.
or pot roast.		Browned Whole.
Creamed.		Mashed Potato Cake.

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LESSON 21.**WHITE SAUCE**

White sauce or cream gravy is milk thickened with flour, made richer by adding butter and then seasoned.

Proportion for White Sauce:

THIN	MEDIUM	THICK
1 tbsp. butter.	2 tbsp. butter.	2 tbsp. butter.
1 tbsp. flour.	2 tbsp. flour.	3 or more tbsp. flour.
1 c. milk.	1 c. milk.	1 c. milk.

1ST METHOD

Melt, butter, add flour, and when smooth, the milk gradually. Stir constantly till thick. Season.

2ND METHOD

Rub butter and flour together till creamy. Heat the milk, add enough to the butter and flour to make the mixture pour easily. Pour this slowly into the heated milk, stirring constantly. Cook till thick. Season.

3RD METHOD

Heat milk. Mix the flour with a small quantity of cold water, till the mixture will pour easily. Pour gradually into milk, cook till thick, add butter and seasoning.

Many kinds of cooked vegetables may have a white sauce poured over them. Cold cooked vegetables may be reheated in white sauce, either in a stew pan on top of the stove or by being scalloped.

Escalloped dishes are made by putting layers of the food used and a sauce in layers in a baking dish, then covering the top with crumbs and baking till brown.

The following vegetables may be cooked in White Sauce.:

Potatoes.	Cabbage.
Turnips.	Asparagus.
Beans.	Salsify or vegetable oyster.
Onions.	Cauliflower.
Carrots.	Peas.

BOILED CABBAGE

Remove outer leaves and soak in cold water with head down, to draw out insects. Cut into quarters or slice fine, put into a kettle of boiling water with $\frac{1}{4}$ tsp. soda. Boil 20 min. uncovered. Drain and cover again with boiling water. Boil 20 min. longer or until tender, drain and season with salt and pepper. Pour $\frac{1}{2}$ c. heated vinegar over it, or milk enough to barely cover.

ESCALLOPED CABBAGE

Chop cold boiled cabbage fine. Put a layer in baking dish, sprinkle with salt and pepper and pour over it a layer of white sauce. Repeat until the dish is full, having sauce for the top layer. Cover the top with buttered crumbs and bake till brown.

LESSON 22.

SALADS

Green vegetables are valuable chiefly for the water and mineral matter which they contain. Lettuce, celery, cucumbers and salad plants belong to this class. Other vegetables as peas, beans and lentils are called legumes as they contain a large amount of protein. Another class contain starch, as potatoes, corn and rice. The cellulose or waste in vegetables foods stimulates the intestines to action.

To preserve the crispness and flavor of green vegetables for salad, put them into cold water for 20 minutes, then dry carefully on a towel, being careful not to bruise them, and put into a cold place until wanted.

Salads should be more generally used, as the oil or butter used in dressing furnish fat in a digestible form. When fish, meat, eggs or cooked vegetables are used, served with a cooked mayonnaise dressing, they contain a great deal of nourishment.

Salads should be mixed with a fork and served very cold.

COOKED SALAD DRESSING

2 whole eggs or 4 yolks.	1 tsp. salt.
$\frac{1}{3}$ c. vinegar.	spk. of cayenne pepper.
2 tbsp. butter.	$\frac{1}{2}$ tsp. mustard.

Beat eggs slightly. Add vinegar and cook over hot water

till thick. Remove from fire. Add butter and seasoning. When ready to use, if too thick it may be thinned with cream.

POTATO SALAD

Cut cold boiled potatoes in cubes, sprinkle lightly with salt. If liked, add one-half the amount of celery, cut in cubes. Add 1 tbsp. minced onion to every pint of potatoes. Moisten with salad dressing. Mix lightly and place on lettuce leaves, using individual plates, or put in bowl and garnish with celery leaves.

Hard boiled eggs cut in slices may be added.

LESSON 23.

CEREALS

Cereals are cultivated grasses and rank first among vegetable foods. The only part of them made use of as human food is the seed or fruit. They are composed chiefly of starch. They must be cooked in several times their bulk in water in order to burst the starch cells which makes them digestible.

The principal cereals are wheat, oats, rye, barley, corn, buckwheat and millet.

Oats are the most nutritious of all the grains but contain a tough fiber which makes them hard to digest.

Corn is a valuable winter food as it contains, in addition to starch, a large amount of fat. Corn meal is a cheap product of corn which properly cooked makes a good nutritious food.

To keep fine granulated cereal from lumping, mix it with a small quantity of cold water before putting it into boiling water.

To wash rice see lesson 7, page 24.



WINTER
WHEAT



SPRING
WHEAT

RYE



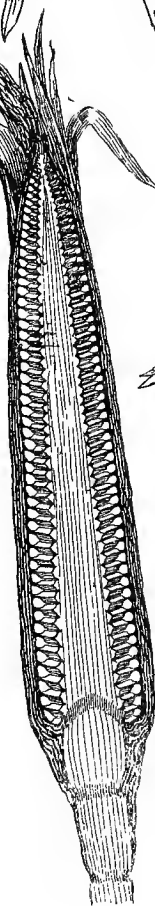
BARLEY



RICE



CORN



OAT

CORNMEAL MUSH

To 4 cups boiling water add 1 tsp. salt and 1 cup cornmeal wet in cold water. Cook slowly from 1 to 2 hrs. Serve hot with milk and sugar. Pack what is left over in a greased baking powder can or small bread pan. Next morning remove from mould, slice and saute in hot fat.

ROLLED OATS

2 c. boiling water. 1 c. Avena. $\frac{1}{2}$ tsp. salt.

Put boiling water in the top of double boiler, add salt. Stir in Avena and cook $\frac{1}{2}$ hr. without stirring.

STEAMED RICE

2 c. boiling water. 1 c. rice. 1 tsp. salt.

Wash rice. Put boiling water and salt in top of double boiler. Add rice and steam 1 hr. Do not stir.

CREAM OF WHEAT

3 c. boiling water. 1 tsp. salt.
 $\frac{1}{2}$ c. Cream of Wheat.

Put boiling water in top of double boiler. Add salt and Cream of Wheat wet in cold water. Steam 20 to 30 min.

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LESSON 24.

MACARONI

Macaroni is a paste of hard wheat flour containing a very large amount of gluten and water.

The paste is put in an iron cylinder and forced through small holes in an iron plate at the end of the cylinder. This makes it different shapes, called accordingly vermicelli, spaghetti or macaroni.

The paste is then dried either in the open air or in buildings, by the use of artificial heat.

Macaroni is so nourishing that it may be used in place of meat, especially when combined with cheese. It is cheaper than meat.

Good macaroni is yellowish in color, rough in texture; it breaks easily without splitting and swells to double its bulk when boiled. It does not become pasty nor lose its shape.

MACARONI AND CHEESE

2 c. macaroni.	1 tsp. salt.
1 c. milk.	Cayenne pepper.
$\frac{1}{2}$ c. cheese.	

Break macaroni into 3 in. pieces and drop slowly into boiling salted water so that the temperature of the water will not be lowered. Boil about 30 minutes. Drain. Put in a baking dish with layers of cheese. Barely cover with milk, season and bake until the milk is absorbed and top is brown, about 25 min.

Macaroni may also be cooked in white sauce. After boiling macaroni put in baking dish. Make a thin white sauce. Cut or grate cheese into it and pour over macaroni. Cover with buttered crumbs and bake till brown.

RICE AND CHEESE

1 c. boiled rice.	4 tbsp. cheese.
1 c. cream or white sauce.	

Make sauce, add rice and cheese grated or cut in small pieces. Pour into baking dish, sprinkle with bread crumbs and bake about 20 min. or until brown.

LESSON 25.

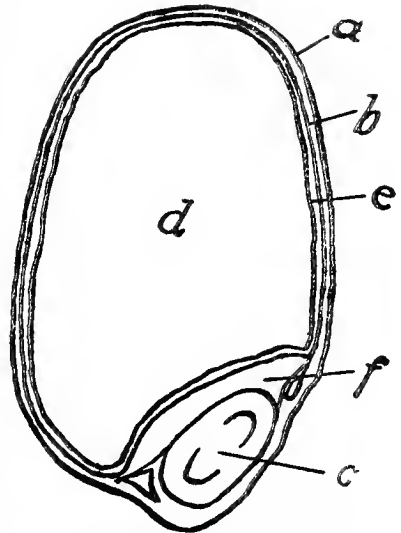
WHEAT

The wheat grain is a small oval seed. Its six outer layers are known as bran; of these the three outer form what is called the skin of the grain; the three remaining form the envelope of the seed proper, in which is found the gluten. When ground it is called flour. Wheat owes its value as a tissue builder to the gluten it contains.

The body of the wheat grain is composed of starch and gluten. The germ contains fat and tissue building material. Just beneath the bran coats are the minerals, valuable as bone and nerve builders. The cell walls consist of plant fibre.

Different kinds of wheat vary as to the amount of gluten they contain. There are two kinds of wheat used to make flour, spring wheat (containing the most gluten) from which bread flour is made, and winter wheat from which pastry flour is made.

The gluten of wheat is a tough, elastic substance, consisting of vegetable fibres. It has a peculiar power of holding the gas that has formed during the fermentation. It is insoluble in water, but will swell to four or five times its original bulk.



DIAGRAMMATIC SECTION OF A
GRAIN OF WHEAT

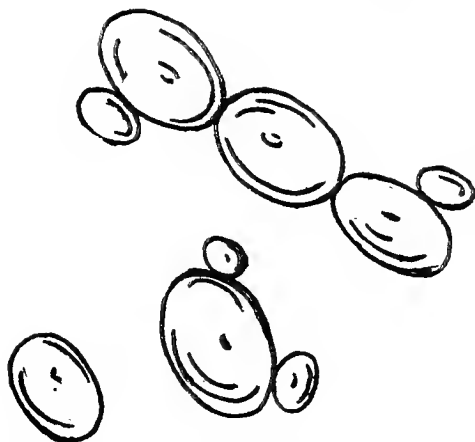
- a*—Skins and testa
- b*—Membrane
- c*—Embryo
- d*—Flour cell
- e*—Cereal or aleurone layer
- f*—Scutellum

FLOUR

Flours are made by grinding the grains of various cereals, as wheat, rye, barley, oats, maize, millet and rice.

Wheat flour is the most important, partly because the wheat can be cultivated in any temperate climate, but chiefly because it is the only grain that contains gluten in the right proportion.

YEAST



YEAST CELLS

Yeast is a mass of very small plants, each a rounded cell, consisting of a sack filled with a watery substance and joined not unlike the links of a chain. The germs of these plants are found floating in the air.

Yeast is like green plants in that it grows only when kept warm and moist; however,

it needs no light. It grows best at a temperature of 78 degrees F. It may be forced to grow faster by a higher temperature just as hot house plants are. At about 130 degrees F. it loses its activity and by heat greater than this, it is killed.

Cold checks its growth, but even after being frozen, if thawed, it will grow again. The yeast plant derives its nourishment from the gluten and starch in the flour. The starch is changed into sugar by the growing plant. It also changes the sugar to alcohol and carbon dioxide. The bubbles of carbon dioxide being lighter than the dough rise to the top. The gluten stretches to hold it, making the dough light.

FERMENTATION

A ferment is a substance that will change the composition of another substance without changing itself.

There are three kinds of fermentation, alcoholic, acetic and lactic.

Alcoholic fermentation takes place, when yeast is added to sugar and starch. The yeast converts the sugar and starch into

carbonic acid gas and alcohol. Examples: raising of bread and the making of wine from grape juice. If alcoholic fermentation goes too far, the alcohol is turned into acetic acid, and the mixture is sour. This is acetic fermentation. Example: changing of wine or cider into vinegar. Lactic fermentation is the change that takes place when milk sours. The sugar of milk is converted into lactic acid which reacts on the milk and causes the casein to curdle.

BREAD

Bread is a form of food made from the flour of wheat or other cereals, by the addition of water or milk, salt and a ferment. A perfect loaf of bread is regular in shape, has a crisp crust, evenly browned, and is tender but firm. It tastes sweet and nutty, smells fresh and will keep moist for several days.

A sponge is a drop batter to which yeast has been added.

HELPFUL HINTS ABOUT MAKING BREAD

1. The longer the batter is beaten, the less kneading the dough will require. When dough can be lifted in a mass upon a spoon it is stiff enough to knead.

2. Bread is kneaded for three reasons:- (a) to mix the ingredients thoroughly; (b) to make the gluten elastic; (c) to work in air. It is kneaded the second time to break up large bubbles of gas and to shape it for baking.

3. Dough has been handled enough when little blisters appear on the surface and when it will stand for several minutes upon the board without sticking. Use only enough flour to accomplish this. Any more will make the bread hard and dry.

4. A sponge rises faster than a dough because it is thinner. This is better to use when eggs and butter are to be added, as they can be mixed more readily with a sponge than with a dough.

5. If the dough should rise too high, cut it down by scraping it away from the side of the bowl and folding it toward the center. Then allow it to rise again.

6. Dough that contains large bubbles has risen too fast or too long. It should be kneaded again to break up and distribute the bubbles more evenly.

7. Sour dough falls in the center and is stringy. It also smells and tastes sour.

BREAD

1 cake compressed yeast	2 tbsp. lard or butter.
1 c. lukewarm water.	1 pt. milk.
2 tbsp. salt.	1 pt. boiling water, flour to
2 tbsp. sugar.	to make a soft dough.

Break the yeast cake into small pieces and put it to soak in the lukewarm water.

Put the salt, sugar, lard and milk in a bowl and pour over them the boiling water. When lukewarm, add yeast and flour enough to make a dough. Turn on a well floured board and knead 20 min. Put into a greased bowl. Grease the top to prevent a hard crust from forming. Cover closely and do not let drafts of cold air strike it. Let rise till it doubles in size, or over night in winter and about four hours in summer. Knead lightly to work out bubbles of gas. Shape into loaves or rolls. Let loaves rise in the pan $\frac{1}{2}$ to $\frac{3}{4}$ hrs. and bake 40 to 60 min., or till a rich brown loaf emits a hollow sound when tapped on the bottom.

Rolls should rise in the pan from 1 to $1\frac{1}{2}$ hrs. and bake in a hot oven 20 minutes.

To tell when water is lukewarm, put a drop of water in the palm of the hand. If it cannot be felt, it is lukewarm.

To grease the top of bread, grease the pan or bowl well. Turn the dough in the bowl, until it is thoroughly greased. Take it out and replace it with the greased side on top.

LESSON 26.

BREAD

Use small bread pans, making the dough into small loaves to insure the bread being baked through.

If bread rises much after being put into the oven, the heat is not great enough. If it begins to brown in less than 15 minutes, the heat is too great. If the loaf rises or browns more on one side than the other, turn it around. The oven should turn a piece of white paper brown in five minutes. The heat should increase slightly the first ten minutes, and gradually decrease till the end of the baking. Bread is done when it will give a hollow sound when tapped on the bottom. To make the crust

crisp and tender, rub it while hot with a bit of butter twisted in a cloth or paper. Set loaves on edge in such a way that air reaches all sides of them. When cold put them in a tin box or stone jar without wrapping.

FOUR REASONS FOR BAKING BREAD

1. To kill the yeast plant.
2. To make the starch digestible.
3. To drive off the carbonic acid gas and alcohol.
4. To form a brown crust.

OATMEAL BREAD

2 c. oatmeal.	$\frac{1}{4}$ c. sugar.
3 c. boiling water.	1 cake yeast dissolved in.
1 tbsp. lard.	1 c. lukewarm water.
1 tsp. salt.	Flour.

Scald the oatmeal with boiling water, add lard, salt, and when lukewarm, the dissolved yeast cake. Add flour enough to make a very stiff dough so that the spoon will stand upright in it. Beat thoroughly as the flour is added. Put in greased pans and let rise about 2 hrs. The pan should be $\frac{1}{2}$ to $\frac{3}{4}$ full. Bake 1 hr. in a moderate oven.

COFFEE CAKE

1 c. scalded milk.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{3}$ c. butter or butter and lard.	$\frac{1}{3}$ cake yeast dissolved in $\frac{1}{4}$ c. lukewarm water.
$\frac{1}{4}$ c. sugar.	1 egg.
Flour.	

Add butter, sugar and salt to milk. When lukewarm, add dissolved yeast cake and egg well beaten. Add flour enough to make a stiff batter; cover and let rise over night; knead lightly in the morning, spread in greased dripping pan, cover and let rise again. Before baking, brush with beaten egg and cover with the following mixture:- melt 3 tbsp. butter, add 1-6 c. sugar. Remove from fire when sugar is partially melted, add 1 tsp. cinnamon and 3 tbsp. flour.

LESSON 27.

BAKING POWDERS

Composition of Baking Powder	$\left\{ \begin{array}{l} 30\% \text{ Soda} \\ 60\% \text{ Cream of Tartar} \\ 10\% \text{ Rice flour} \end{array} \right.$
------------------------------	-----------------------------------------------------------------------------------------------------------------------------

Soda is an alkali and is made from common salt.

Cream of tartar is an acid substance obtained from crystals found in the bottom and on the sides of wine casks. When an acid and an alkali are united in proper proportions and moistened, carbonic acid gas is formed. This gas, seeking to escape, lightens the dough, hence baking powder mixtures should be baked as soon as possible after mixing.

Cheap baking powders are adulterated with alum, which is injurious.

Doughs may be raised by the following methods:-

1. By the expansion of air beaten into the dough.
2. By gas which is formed in three ways:- (a) by using sour milk and soda; (b) by using molasses and soda; (c) by using baking powder.
3. By air beaten into the whites of eggs and folded in the dough.
4. By gas formed by the growing of the yeast.

BAKING POWDER BISCUIT

2 c. flour.	2 tbsp. lard.
4 tsp. baking powder.	1 scant c. milk.
1 tsp. salt.	

Mix dry ingredients. Cut in lard with knife or mix lightly with fingers. Add milk gradually to form a soft dough, mixing with a knife. Turn on a floured board. Roll to three-fourths inch thickness, cut and bake in hot oven about 15 minutes.

PIN WHEEL BISCUIT

2c. flour.	1 tbsp. melted butter.
4 tsp. baking powder.	$\frac{1}{3}$ c. stoned raisins.
$\frac{1}{2}$ tsp. salt.	2 tbsp. chopped citron.
1 tbsp. butter.	2 tbsp. sugar.
$\frac{2}{3}$ c. milk.	$\frac{1}{3}$ tsp. cinnamon.

Mix flour, baking powder, salt, rub in the butter and add milk gradually as for baking powder biscuits. Roll $\frac{1}{4}$ in. thick. Brush with melted butter, sprinkle with raisins chopped fine, citron, and sugar and cinnamon mixed. Roll like a jelly roll. Cut in slices 1 inch thick. Bake in a hot oven 15 min.

For Date Biscuits, cut dates in half lengthwise, remove the stone. After biscuits are cut in rounds, fold one half over the other as for Parker house rolls, and place dates in the fold.

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LESSON 28.

BATTERS AND DOUGHS

Quick bread mixtures are either batters or doughs. They are so called to distinguish them from yeast breads, which require a longer time for preparation.

Batter means that which can be beaten, and dough means that which is mixed stiff enough to be molded.

Proportion for thin batter—1 scant c. liquid to 1 c. flour.

Proportion for thick or drop—1 scant c. liquid to 2 c. flour.

Proportion for a dough—1 scant c. liquid to 3 c. flour.

A sponge is a drop batter to which yeast is added.

No bread should be eaten steaming hot, because in this state the inside part or crumb forms in the mouth a pasty mass which is not easily digested.

METHOD OF COMBINING INGREDIENTS

Stirring:—Hold the bowl flat on the table and the spoon so the bottom will scrape the bottom and sides of the bowl—stir round and round until you cannot tell one ingredient from the other.

Beating:—Tip the bowl slightly, hold the spoon so the side will scrape the bottom and side of the bowl; bring the spoon up through the mixture with a long quick stroke to the other side and continue until light and full of bubbles.

Folding:—Bring the material from below gently over the ingredient added. Continue to cut and fold until thoroughly mixed, but do not beat or stir.

RULE FOR MIXING QUICK BREAD

Sift dry ingredients.

Mix liquid materials.

Stir into dry materials.

Add shortening melted.

Beat 2 or 3 min.

Bake in quick oven.

NOTE:—Stir mixtures to make them smooth.

Beat mixtures to make them light.

Cut the stiff whites of eggs into mixtures.

ORDER OF WORK

1. Look after the heat of the oven. If you have gas, light the oven.
2. Grease baking tins with sweet fresh fat.
3. Get the materials ready for work.
4. Prepare materials.
5. Mix.
6. Bake quickly.

ONE EGG MUFFIN

2 c. flour.	1 c. milk.
4 tsp. baking powder.	1 egg.
$\frac{1}{2}$ tsp. salt.	2 tbsp. melted butter.
2 tbsp. sugar.	

Mix dry ingredients, add milk, beaten egg and melted butter. Bake in hot greased muffin pans about 25 minutes.

ENTIRE WHEAT MUFFINS

$1\frac{1}{4}$ c. entire wheat or graham flour.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{4}$ c. flour.	1 c. milk.
2 tbsp. sugar.	1 egg.
4 tsp. baking powder.	2 tbsp. melted butter or lard.

Mix dry ingredients, add milk, beaten egg and melted butter. Bake in hot greased muffin pans about 25 min.

CORN MUFFINS

$\frac{3}{4}$ c. corn meal.	1 tbsp. sugar.
1 c. flour.	1 c. milk.
3 tsp. baking powder.	1 egg.
$\frac{1}{2}$ tsp. salt.	1 tbsp. melted butter.

Mix dry ingredients, add milk, beaten egg and butter. Bake in hot greased muffin pans about 25 minutes.

CORN BREAD

1 c. corn meal.	$\frac{1}{4}$ c. sugar.
1 c. flour.	2 eggs.
$\frac{1}{2}$ tsp. salt.	1 c. milk.
4 tsp. baking powder.	2 tbsp. melted butter or lard.

Mix dry ingredients, add milk, beaten egg and butter. Beat well and bake in a shallow greased pan in a quick oven from 20 to 30 min.

LESSON 29.

OAT MEAL COOKIES

$\frac{3}{4}$ c. shortening.	2 c. flour.
1 c. sugar.	$\frac{3}{4}$ tsp. soda.
2 eggs.	1 tsp. cinnamon.
4 tbsp. milk.	$\frac{1}{2}$ tsp. salt.
2 c. rolled oats.	1 c. raisins.

Mix in order given. Drop by teaspoonful on greased tin, and bake in a moderate oven.

To clean currants and raisins, pick off the stems and rinse in a wire strainer till water comes through clean. Shake well to remove water and dry.

To stone raisins:—Cover them with boiling water. When they become soft, make a slit lengthwise with a sharp knife and squeeze out the seeds.

PLAN BREAKFAST

See page 78, Setting Table. See appendix, p. 156.



TABLE SETTING—BREAKFAST

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LESSON 30.

SERVE BREAKFAST

See page 156 in appendix.

LESSON 31.

ACIDS AND ALKALIES

Substances which have a sour taste are called acids; example, acids in fruits, in sour milk and molasses.

Alkalies have a soapy or brackish taste; examples, potash, soda and lime.

PROPORTIONS OF ACIDS AND ALKALIES

1 level tsp. soda to 1 pt. thick sour milk.

$\frac{1}{2}$ to 1 level tsp. soda to 1 c. molasses.

2 level tsp. baking powder to 1 c. flour.

NOTE:—When eggs are used in a recipe, less baking powder is required. Deduct $\frac{1}{2}$ tsp. of Baking Powder for each egg.

GINGERBREAD

1 c. molasses.

1 tsp. cinnamon.

$\frac{1}{2}$ c. lard or butter.

1 tsp. ginger.

1 c. warm water.

$\frac{1}{2}$ tsp. cloves.

$\frac{1}{2}$ c. sugar.

1 tsp. soda.

$\frac{1}{2}$ tsp. salt.

$2\frac{1}{2}$ c. flour.

2 eggs well beaten.

Mix in order given and bake in moderate oven $\frac{1}{2}$ hour.

LESSON 32.

COTTAGE PUDDING

1 egg.

2 c. flour.

$\frac{3}{4}$ c. sugar.

4 tsp. baking powder.

3 tbsp. melted butter.

$\frac{1}{2}$ tsp. salt.

1 c. milk.

Beat egg, add sugar, melted butter and milk, then flour mixed with salt and baking powder. Beat and bake in a shallow greased pan and serve with lemon sauce.

LEMON SAUCE

2 c. hot water.

Grated rind and juice 1 lemon.

1 c. sugar.

1 tbsp. butter.

2 tbsp. corn starch.

Mix sugar and cornstarch and pour over them the boiling water. Cook 5 to 10 minutes, remove from fire and add the lemon rind, juice and butter. Stir till butter is melted and serve.

LESSON 33.

TAPIOCA

Tapioca is made from the roots of the cassava plant, which grows in South America.

The roots contain a milky bitter juice, which is poisonous. This juice is drawn out by heating, the roots are then grated, dried on hot metal plates and powdered.

The starch thus obtained is made into cakes called cassava bread.

From it, tapioca is made by heating it on hot plates with constant stirring.

The starch grains burst into an irregular mass.

Tapioca is almost pure starch and is easily digested.

APPLE TAPIOCA

$\frac{3}{4}$ c. tapioca.	$\frac{1}{2}$ c. sugar.
3 c. boiling water.	5 apples.
$\frac{1}{2}$ tsp. salt.	

If pearl tapioca is used, soak in cold water over night or for several hours. Minute tapioca need not be soaked. Pour over it the boiling water, and cook in a double boiler until transparent. Stir often and add salt. Pare and slice apples, put into a baking dish, sprinkle over them the sugar, and if liked lemon juice. Pour over them the tapioca and bake until apples are very soft. Serve hot or cold. A delicious variation may be made by using half pears or canned quinces and half apples. Use any fruit desired.

TAPIOCA CREAM

$\frac{1}{4}$ c. pearl tapioca.	$\frac{1}{3}$ c. sugar.
1 pt. milk.	$\frac{1}{8}$ tsp. salt.
2 eggs.	$\frac{1}{2}$ tsp. vanilla.

Soak tapioca in hot water enough to cover, in the top of the double boiler, placed on the back of the stove. When the water is absorbed, add the milk and cook until the tapioca is transparent

and soft. Add sugar and salt to the beaten yolks. Pour the boiling mixture slowly on them, return to the double boiler and cook 2 min., or till it thickens slightly. Remove from the fire add the flavoring and beaten whites. Cool and serve.

LESSON 34.

CAKES

In general a cake should contain about twice or not more than three times as much sugar as butter. Butter, or the shortening, and sugar count as liquid since they melt in the oven. Sour milk or molasses do not thin a mixture as much as sweet milk or water. A cake with fruit should be a little stiffer than one without. The more eggs that are in a cake the less baking powder it needs. Cake containing molasses burns easily. Bake such cakes, or any thick loaf requiring long baking, in tins lined with greased paper.

There are two classes of cakes, those with butter or butter cake, and those without butter, or sponge cake.

TO MIX BUTTER CAKE

Cream butter, add sugar gradually, then beaten yolks and flavoring. Add flour and liquid alternately commencing with the flour. Add baking powder to the last portion of flour. Beat well as cake is made fine grained by beating. Lastly fold in beaten whites. Never stir or beat after the whites are put in.

TO CREAM BUTTER

Work or press the butter against the side of the bowl till very soft, or work it in the hands. The heat of the hands will soften it very quickly. The bowl may be warmed a little if the butter is very hard but not enough to melt it. Melting the butter makes it too greasy for a cake.

Butter is creamed in order to mix it more thoroughly with the other ingredients of the cake.

CAKE BATTERS

The thickness of cake batter depends on the kind of cake. The batter for loaf cake should drop from the spoon in a thick

mass. For layer cake the batter should drop in ribbons, beating often. For sponge cake, it should be thin enough to pour. However, in a sponge cake if the flour is sifted over the whites and gently folded in, the mixture will not pour.

TO BAKE BUTTER CAKES

The oven should be hot enough to turn a piece of white paper medium brown in five minutes. The time for baking should be divided into quarters. First, begin to rise; second, continue to rise and begin to brown; third, brown all over; fourth, finish baking. The cake is done when it shrinks from edge of the pan and when a doubled straw, put carefully in the center, comes out clean.

FILLING THE PANS

Grease pan, or paper if used, with lard, and dust with flour. Pour in the mixture and let it run well into the corners of the pan. Have pan about $\frac{2}{3}$ full. With the back of the spoon make a slight depression in the center, so the cake will be perfectly flat on top when baked.

ONE EGG CAKE

$\frac{3}{8}$ c. butter.	1 c. milk.
1 c. sugar.	$2\frac{1}{4}$ c. flour.
1 egg.	4 tsp. baking powder.
$\frac{1}{2}$ tsp. vanilla.	

Cream butter, add sugar gradually, beaten egg and flavoring. Stir in alternately the milk and flour mixed with baking powder. Beat well, and bake in a greased pan 30 to 40 min.

BEATEN FROSTING

White of 1 egg.	$\frac{1}{2}$ tsp. vanilla or
2 tsp. cold water.	$\frac{1}{2}$ tsp. lemon juice.
$\frac{3}{4}$ c. confectioner's sugar.	

To unbeaten white, add water and then sugar gradually. Beat 20 minutes. Then add flavoring. Use more sugar if necessary. Spread with a broad bladed knife.

LESSON 35.

SHORT CAKE

Wash strawberries before hulling. Peaches, oranges, pine-apples and red raspberries may also be used for short cake. If the fruits are not juicy, sugar and a little water may be added. Let them stand a short time before using.

STRAWBERRY SHORT CAKE

2 c. flour.	2 tbsp. lard.
4 tsp. baking powder.	2 tbsp. butter.
$\frac{1}{2}$ tsp. salt.	1 scant c. milk.

Mix as for baking powder biscuit, roll $\frac{3}{4}$ inches thick and bake in a quick oven. Split carefully with a thread or hot knife and spread with butter. Sweeten strawberries to taste, crush slightly and put them between and on top of the cake.

To make individual short cakes. Pat the dough a little thinner than for short cake. Cut with a cookie cutter. Place one on top of another with melted butter between them. They will come apart very easily.

Short cake dough is the same as buscuit dough with more shortening added.

LESSON 36.

FROZEN DESSERTS

When ice and salt are mixed, a double action takes place. The salt makes the ice melt and the melting ice dissolves the salt. If packed around some other liquid, they draw the heat from it so fast that it freezes. Melting ice and salt reach a temperature below the freezing point of water about 10° above zero. This is why a mixture of salt and ice is used to freeze ice cream.

To pack the freezer. Adjust before starting to pack. Put the ice into a strong canvas bag and pound very fine. Use rock salt, fine salt will not answer the purpose. Fill the space between can and pail with alternate layers of ice and salt, using three measures of ice to one of salt.

The ice and salt should come a little above the height at which the cream will stand in the can. Pack ice and salt solidly,

turning crank a few times to let the mixture settle. Turn the crank slowly and steadily for twenty minutes. When freezing is accomplished, remove dasher and with a spoon pack the ice cream. Draw off the water, repack the freezer, using 4 measures of ice to one of salt, and let stand from one to three hours to ripen.

PINEAPPLE ICE

1 pt. pineapple, shredded.	White of 1 egg.
1 qt. boiling water.	Juice and grated rind of 1 lemon.
2 c. sugar.	

Make a syrup of water and sugar, add pineapple and lemon juice. When cool put in can of freezer and when partly frozen, add beaten white of egg. Continue freezing until stiff. Let stand 1 or 2 hours to ripen.

LEMON ICE.

4 c. water.	$\frac{3}{4}$ c. lemon juice.
2. c. sugar.	Grated rind of 2 lemons.

Boil sugar and water for 10 minutes. Add lemon juice and rind, cool, strain and freeze.

Other fruits may be used allowing equal quantities of juice and water.

This serves about 12 persons.

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LESSON 1.

CANNING

Canning is the process of preserving fruit from germs which would cause it to ferment and decay.

A porcelain or granite kettle should always be used for cooking fruits. Silver, wooden or granite spoons should also be used as fruits contain acids, and if brought in contact with an iron or tin surface a poisonous compound may be formed.

TO STERILIZE JARS AND RUBBERS

Fruit jars, covers and rubbers should always be sterilized before using. To do this fill jars with cold water and place them and the covers on a trivet in a kettle of cold water. Bring to the boiling point. Empty and fill while hot. Dip rubbers in boiling water before using.

GENERAL RULE FOR CANNING FRUIT

Allow from $\frac{1}{3}$ to $\frac{1}{2}$ lb. of sugar to every pound of fruit, and from $1\frac{1}{2}$ to 2c. of water to every pound of sugar. Boil the sugar and water 10 minutes, add fruit and cook until tender. Place the sterilized jars on a wet cloth, fill with fruit and overflow with syrup, force out all air bubbles, adjust sterilized rubbers and covers.

CANNED TOMATOES

Pour boiling water over tomatoes. Remove the skin and hard, green stems, put in a granite kettle and boil twenty minutes, skimming often during the cooking. Fill sterilized jars. Dark jars are better for tomatoes than clear ones.

LESSON 2.

CANNING—(CONT'D)

The juice of fruits that contain pectin, a substance similar to gelatin, can be made into jelly. Pectin dissolves in boiling water and stiffens upon cooling. It is most abundant in the harder parts of fruits, the core and the skin. Apples, quinces, crab-apples, currants and grapes make the best jellies.

Jelly must be covered to protect it from mold. Paraffin is convenient for this purpose.

RULE FOR JELLY

If the fruit is juicy, mash and boil until tender. For those fruits that have not enough juice of their own, add water to partly cover. Bring to a boil and strain through a jelly bag made of flannel, if possible without squeezing it. To this juice add an equal quantity of sugar and boil about fifteen minutes, or until it jellies. Test it by putting a spoonful in a saucer and letting it cool. If it thickens slightly and a film forms on top, it is done; if not, boil a few minutes longer. Remove from the fire and pour into sterilized jelly glasses. When cold, cover with melted paraffin.

CANNED PEACHES

Wipe peaches and pare, or if the peaches are firm and solid, put in boiling water, allowing them to stay just long enough to loosen the skins. Remove skins and cook fruit at once, that it may not discolor. Allow $\frac{1}{3}$ to $\frac{1}{2}$ lb. of sugar to every pound of fruit, and from $\frac{1}{2}$ to 2 c. water to every pound of sugar. Boil sugar and water 10 min., add fruit and cook until tender, cooking a small quantity of fruit at a time.

Sterilize jars, place on a wet cloth, fill with fruit and syrup, force out all air bubbles, adjust sterilized rubbers and covers.

LESSON 3

TOMATOES, CORN AND ONIONS

Put a layer of tomatoes in a buttered baking dish, then a layer of corn, then one of sliced onions with salt, pepper and butter between each layer. Repeat until dish is full, having onions on top. Cover and bake $\frac{3}{4}$ hr. Take off cover and cook 15 min. longer. A little sugar may be added if desired.

BAKED CORN

1 can or 4 ears fresh corn.	2 tbsp. butter.
3 tbsp. flour.	2 eggs.
1 pt. milk.	1 tsp. salt.
Pepper.	

Mix in order given and bake slowly $\frac{1}{2}$ hr.

SUCCOTASH

1 pt. lima beans.	1 tbsp. butter.
1 pt. corn.	1 c. milk or cream.
Salt and pepper to taste.	

Cook beans in boiling water 25 min., add $\frac{1}{8}$ tsp. soda, boil 1 min. and drain. Add corn, milk and butter and cook 15 min. Add salt and cook 5 min. longer.

LESSON 4.

OMELETS

ALBUMEN

For notes see Lesson 4, Page 16.

General rule for omelet. Allow one egg for each person and one tbsp. of milk or water for each egg.

PLAIN OMELET

3 eggs.	spk. pepper.
$\frac{1}{4}$ tsp. salt.	3 tbsp. milk or hot water.

Beat eggs till well mixed, add salt, pepper and liquid. Put 1 tsp. butter or nice drippings in a smooth frying pan, shake it over the fire until melted, then turn in the mixture. Shake occasionally to see that the omelet does not stick. Cook till the underside is brown. Fold and serve at once.

BEATEN OMELET

3 eggs beaten separately.	$\frac{1}{8}$ tsp. salt.
3 tbsp. milk.	Pepper.

Beat the yolks till very light. Add milk and seasoning, then beaten whites. Heat 1 tsp. butter in a frying pan, pour in the omelet and spread evenly. Cook slowly till brown on the bottom. Set in the oven to dry on top, fold and serve at once.

LIST OF OMELETS

Ham or Bacon.	Oranges.
Cheese.	Apples.
Bread.	Jelly.
Spanish.	Jam.

LESSON 5.

EGG VERMICELLI

3 hard cooked eggs.	$\frac{1}{2}$ tsp. salt.
1 tbsp. butter.	$\frac{1}{8}$ tsp. pepper.
1 tbsp. flour.	5 slices toast.
1 c. milk.	parsley.

Make a thin white sauce with butter, flour, milk and seasonings. Separate the yolks and whites of eggs after cooking. Chop whites of eggs fine and add to the sauce. Cut four slices of toast in halves lengthwise. Arrange on the platter and pour the sauce over them. Force the yolks through a potato ricer or strainer, sprinkling over the top. Garnish with parsley and the remaining toast cut in small triangles.

NOTES

LESSON 6.

CARAMEL CUSTARD

- | | |
|-------------------------|-----------------------------|
| $\frac{1}{4}$ c. sugar. | $\frac{1}{8}$ tsp. salt. |
| 2 c. hot milk. | $\frac{1}{2}$ tsp. vanilla. |
| 2 beaten eggs. | |

Melt sugar as for caramel syrup, add slowly to scalded milk, cook till sugar melts. Pour slowly over the beaten eggs and flavor. Pour into buttered cups and bake as baked custard.

CARAMEL SAUCE

- | | |
|-------------------------|---------------------------------|
| $\frac{1}{2}$ c. sugar. | $\frac{1}{2}$ c. boiling water. |
|-------------------------|---------------------------------|

Melt sugar as for caramel syrup, add water and simmer 10 minutes. Pour over custard when cold.

CARAMEL SYRUP

- | | |
|-------------|---------------------|
| 1 c. sugar. | 1 c. boiling water. |
|-------------|---------------------|

Melt sugar in smooth frying pan, stirring constantly to avoid burning. Add water and simmer 10 min.

LESSON 7.

BROWN BETTY

- | | |
|---------------------------|------------------------------|
| 4 slices bread, buttered. | 1 c. sugar. |
| 4 apples. | 1 c. milk or water. |
| | $\frac{1}{2}$ tsp. cinnamon. |

Put a layer of bread in a buttered baking dish, then a layer of sliced apple. Sprinkle with sugar and spice, continuing until bread, apples and sugar are used. Pour milk or water over it, and bake until apples are soft. Lemon juice may be added.

PUDDING SAUCE

- | | |
|------------------------------|----------------------|
| 2 tbsp. butter. | 1 c. brown sugar. |
| 4 tbsp. flour. | 2 tbsp. lemon juice. |
| $1\frac{1}{2}$ c. hot water. | |

Melt butter, add flour and then hot water gradually. Cook until thick and smooth and add sugar. Stir until sugar is melted, add lemon juice and serve hot.

LESSON 8.

FISH

Fish should always be fresh and used in season. When fresh the flesh is firm, and will rise at once when pressed with the finger; the eyes will be bright. Red blooded fish, such as salmon, mackerel and blue fish, have the oil distributed through the body. White fish, like halibut, cod and haddock, have the oil in the liver. They are more easily digested than red-blooded fish. Fish contain four of the food principles, proteid, fat, mineral matter and water. A large per cent is refuse. Fish may be preserved by canning, salting, pickling or by drying. Perch, catfish, lake trout, whitefish, black bass, white bass, and pickerel are some of the fish common to this locality.

TO CLEAN FISH

Fish that are too small (commonly termed Pan Fish) to be scaled should be skinned.

Remove scales by drawing the blade of the knife over the fish beginning at the tail. Continue to scrape toward the head until all of the scales have been removed. If it is desired to remove the head, do so at this point. Place the fish on its side, insert the knife blade under the gills and cut through the fleshy part of the under jaw to the back bone, then turn the fish on its back and force the knife through, completely severing the head. Then with the fish on its back and held in the left hand insert the knife blade (cutting edge up) cut through the fleshy part of the underside of the fish, with an upward movement of the knife until the entire cavity is opened. With the point of the knife or fingers completely remove the insides. Cut out the projecting fins. To remove the large back fin take the point of the knife and make a deep incision on both sides and the full length of the fin, keeping the blade close to it; grasp the end of the fin nearest the tail between the knife blade and the thumb and rip out the

fin with a movement toward the head of the fish. Wash thoroughly with running water if possible, if not, in several changes of fresh water. If not to be used at once, wipe dry with clean cloth and sprinkle with salt, wrap in a clean cloth and put in a cool place.

BAKED FISH

Clean, wipe and dry fish. Do not remove the head and tail. Rub all over with salt, stuff and sew up. Lay the fish in the pan and skew it into the shape of a letter S. Lay strips of salt pork around the pan and across the back. Sprinkle the fish with salt and pepper and dredge with flour. When flour begins to brown, baste with fat in the pan. It is done when the fish separates easily from the bone. Lift carefully on a hot platter, draw out skewers and strings and serve with drawn butter or egg sauce.

DRAWN BUTTER

1 pt. hot water or stock.	$\frac{1}{2}$ tsp. salt.
3 tbsp. butter.	Pepper.
4 tbsp. flour.	

Melt butter in frying pan, add flour and gradually the hot water. Cook until thick and perfectly smooth. Add one or two cold hard boiled eggs, chopped fine, if desired.

FISH TURBOT

1 pt. milk.	1 egg.
3 tbsp. butter.	Salt and pepper.
6 tbsp. flour.	

Steam a white fish until tender. Remove bones and skin, and flake the fish. Sprinkle with salt and pepper. Make a white sauce with the milk, butter and flour. Season with salt and pepper and if desired, a little onion. Remove from fire and add beaten egg. Put a layer of fish in a baking dish, cover with the sauce; repeat this until dish is filled, cover with buttered crumbs and bake till brown. A few drops of lemon juice sprinkled over the fish improves the flavor.

Steam a white fish until tender. Remove bones and skin, and flake the fish. Sprinkle with salt and pepper. Make a white sauce with the milk, butter and flour. Season with salt and pepper. If desired 1 can salmon may be used in place of white fish.

STUFFING FOR FISH

$\frac{1}{2}$ c. cracker crumbs.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{2}$ c. stale bread crumbs.	$\frac{1}{8}$ tsp. pepper.
$\frac{1}{4}$ c. melted butter.	A few drops onion juice.
	$\frac{1}{4}$ c. hot water.

Mix ingredients in order given, stirring lightly.

LESSON 9.

CLEAR TOMATO SOUP

1 qt. tomatoes.	2 cloves.
1 pt. water or stock.	1 tsp. salt.
1 small onion.	3 tbsp. cornstarch.
$\frac{1}{4}$ bay leaf.	3 tbsp. butter.
4 peppercorns.	$\frac{1}{2}$ c. cheese if desired.

Cook tomatoes, onion, bay leaf, peppercorns and cloves until soft. Strain, add stock, bring to a boil, thicken with cornstarch and butter. Boil 2 or 3 minutes, season and serve. If cheese is used, add last. Serve with croutons of cheese sticks.

NOTES

LESSON 10.

Notes on Beef, see Lesson 16, page 47.

ROAST BEEF

Wash meat quickly, place in a dripping pan and sprinkle with salt, pepper and flour. Place in a hot oven. When the flour begins to brown, reduce the heat of the oven slightly and baste with the fat in the pan. If the fat begins to burn, add a little boiling water. Baste every 10 min. turning the meat during the roasting. Roast 15 min. to the lb. if liked rare, 20 min. to the lb., if well done.

GRAVY

Pour off all but about 4 tsp. of fat in the pan, add an equal quantity of flour and stir until brown. Add gradually boiling water to make of the consistency of cream. Cook until smooth. Season with salt and pepper.

BAKED BEEF BALLS

2 c. chopped cold cooked meat.	Few grains of cayenne.
$\frac{1}{2}$ tsp. salt.	Few drops of lemon juice.
Spk. of pepper.	1 c. thick white sauce.

Mix in order given, shape in balls, put in pan with 2 tbsp. butter and $\frac{1}{3}$ c. hot water. Bake about 15 min. or until thoroughly heated through.

THICK WHITE SAUCE

2 tbsp. butter.	$\frac{1}{4}$ tsp. salt.
4 tbsp. flour.	Pepper.
1 c. milk.	

Make the same as other white sauces.

MEAT PIE

Cut cold cooked meat in small pieces, put in baking dish, cover with gravy, or water and melted butter. Season with salt, pepper and onion. Cover with baking powder biscuit dough and bake about 15 min. or until the dough is done.

LESSON 11.

VEAL

For notes on Veal, see Lesson 17, page 48.

BREADED VEAL

Cut veal steak in pieces suitable for serving, sprinkle with salt and pepper, and roll in fat-proof coating. Saute in hot lard. Chops may also be used.

BAKED BREADED VEAL

Place veal steaks in dripping pan, cover with buttered and seasoned crumbs. Bake in a fairly hot oven about 30 min. or until tender. Add a small amount of water if crumbs brown too quickly. Serve with tomato sauce.

TOMATO SAUCE

2 c. tomatoes.	2 tbsp. butter.
$\frac{1}{2}$ c. water.	2 tbsp. flour.
1 tbsp. minced onion.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{2}$ bay leaf.	Pepper.
	$\frac{1}{4}$ tsp. sugar.

Cook, tomatoes, sugar, water, onion and bay leaf 10 min. Strain. Melt butter, stir in flour, then the strained tomato and thicken like a white sauce. Season.

FAT PROOF COATING

Dip article to be cooked in fine bread or cracker crumbs seasoned with salt and pepper, then into beaten egg, and again in seasoned crumbs. See that the article is completely covered.

In cooking, the heat will harden the egg, holding the crumbs into a crust through which the fat cannot penetrate.

LESSON 12.

PORK

Pork is the name given to the flesh of a pig or hog. It should be eaten soon after it is killed and dressed. Good pork should be pale red in color, firm and the fat white and clear. Pork has more fat than any other meat.

The leaf lard comes from leaf-shaped pieces of solid fat which lie just inside the flank. Fresh pork is hard to digest, but is made more wholesome by salting and smoking. Pork should be thoroughly cooked and eaten only in cold weather, as it is more liable to disease than any other meat.

BROILING

Broiling is cooking directly over a bed of coals, which should be free from smoke and flame, or over a gas flame. The surface of the meat being exposed to intense heat, forms a crust, and the flow of the juices is started upward. Then the meat should be quickly turned and the other side seared, so preventing the loss of the juices. Turn again and again until browned. Only tender juicy meats should be broiled.

PAN-BROILING

For pan broiling, have the pan very hot before putting in the meat. Let the meat lie on one side until seared, then turn it and continue turning occasionally until done. If melted fat collects in the pan pour it off. Season and serve like broiled meat.

BROILED STEAK

Grease the broiler with a bit of fat from the meat. Wash meat quickly. Place the thickest part of the steak near the middle of the broiler. Turn the broiler every ten seconds until seared, then less often. When well browned on both sides, put on a warm platter. Season with salt, pepper and butter.

Steak $\frac{3}{4}$ in. thick should be broiled from 6 to 8 min.

PAN-BROILED CHOPS

Wipe chops clean and put into a hot frying-pan, without grease. Turn as soon as seared. Brown nicely on both sides. Put on a warm platter. Season. Beefsteak may be cooked in the same way.

LESSON 13.

STEAMING

A mould or tightly covered tin can may be used for batters, while doughs may be placed in the bottom of a steamer. The mould and cover should be thoroughly greased, and if it has no cover, a piece of strong brown paper, greased, may be tied over the top. Place the mould in a steamer over boiling water or on a rack in a kettle of boiling water. Keep the water boiling and as it evaporates, fill with more boiling water. Never fill mould more than two-thirds full.

SUET PUDDING

2 $\frac{1}{2}$ c. flour.	$\frac{1}{2}$ tsp. ginger.
1 tsp. soda.	1 c. suet, chopped.
$\frac{1}{2}$ tsp. salt.	1 c. raisins, chopped.
1 tsp. cinnamon.	1 c. currants.
$\frac{1}{2}$ tsp. nutmeg.	1 c. milk.
$\frac{1}{2}$ tsp. cloves.	1 c. molasses.

Mix in order given, pour into buttered mold, cover and steam 3 hrs.

HARD SAUCE

$\frac{1}{3}$ c. butter.	$\frac{2}{3}$ tsp. lemon extract or
1 c. powd. or gran. sugar.	vanilla.

Cream butter, add sugar gradually, and flavoring. Cool and serve in balls.

FOAMY SAUCE

$\frac{1}{2}$ c. butter.	1 egg.
1 c. sugar.	$\frac{1}{4}$ tsp. flavoring.

Cream butter, add sugar gradually and beaten egg. Beat while heating over hot water, being careful not to let the butter melt. This should be just warmed to the consistency of cream but not hot. Flavor and serve.

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LESSON 14.

Notes on sugar. See Lesson 14, page 39.

PANOCHE

3 c. brown sugar.

2 tbsp. butter.

$\frac{3}{4}$ c. milk.

1 cup nut meats.

Mix sugar, milk and butter. Cook as for fudge and before turning into pan add nuts.

UNCOOKED FONDANT

White of 1 egg.

2 tsp. cold water.

About 1 c. confectioner's sugar.

Add water to the unbeaten egg, then sugar slowly, stirring constantly until stiff enough to mould.

This may be used as a foundation for many candies, used in combination with nuts, dates, figs, grapes, pineapple, or dipped in chocolate.

TO DIP CHOCOLATES

Put chocolate broken in pieces, in a dish set over hot water. Add a few gratings of paraffin. As soon as chocolate is melted dip creams made in desired shapes into it, until all sides are covered. Let drip a few moments and place carefully on oiled paper. The paraffin makes the chocolate harden.

LESSON 15.

Review setting table and serving. Appendix, page 156.

Review coffee. Lesson 2, page 9.

LESSON 16.

ESCALLOPED ONIONS

Peel and wash onions. Cook in boiling water with $\frac{1}{4}$ tsp. soda for 5 min. Drain, cover with boiling salted water and cook 1 hr. or until tender. Drain, put a layer in a baking dish, sprinkle with salt and pepper and cover with white sauce. Repeat until dish is nearly full. Cover with buttered crumbs and brown in a hot oven.

POTATOES AU GRATIN

(1) Put creamed potatoes in a buttered baking dish and cover with a thick layer of grated cheese. Brown in the oven.

(2) Put alternate layers of potatoes and cheese in a baking dish, barely cover with milk and bake till milk is absorbed and the top is browned.

LESSON 17.

CHEESE

Cheese is the curd of milk, drained, salted and pressed. Skimmed milk cheese does not contain as much fat as cheese from full milk, and therefore is not as nourishing. Lard or some cheap fat is often added to supply the lack of cream. Such cheese is greasy when warm, has little flavor and does not keep well. Cheese, like eggs, contains much nourishment in small bulk. It is a good substitute for meat, and in combination with macaroni, rice or potatoes may be used in its place. Cheese is hard to digest and should not be used by persons of weak digestion or by children. For those engaged in physical labor, it is one of the best of foods.

WELSH RAREBIT

$\frac{1}{4}$ lb. cheese.	spk. of cayenne.
$\frac{1}{4}$ c. milk.	$\frac{1}{2}$ tsp. salt.
1 egg.	2 tsp. butter.
$\frac{1}{4}$ tsp. mustard.	4 slices toast.

Cut cheese in pieces and melt over hot water, add milk and eggs, mixed with seasoning. Cook over hot water like boiled

custard, stirring constantly. Add butter, and when melted pour over toast or crackers and serve at once. If the cheese is rich the butter may be omitted.

FRENCH RAREBIT

8 slices of bread, buttered.	$\frac{1}{2}$ tsp. mustard.
$\frac{1}{2}$ lb. cheese.	$\frac{1}{2}$ tsp. salt.
2 cups milk.	spk. cayenne.
1 or 2 eggs.	

Put bread and cheese in layer in a buttered baking dish and pour over it the milk, to which has been added the beaten egg and seasoning. Bake in a slow oven until brown and the milk is absorbed or about 20 min.

LESSON 18.

Notes on rice, see Lesson 7, Page 24.

RICE BALLS

Pack cooked rice in buttered cups, set in a pan of hot water and place in oven for about 20 min. Remove from mould to individual serving dishes and pour over cheese sauce. Serve at once.

CHEESE SAUCE

Make a medium thick white sauce with 2 tbsp. butter, 2 tbsp. flour, 1 c. milk and seasoning. Add $\frac{1}{3}$ c. grated or sliced cheese. Stir till melted and pour over rice balls.

NOTES

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LESSON 19.

APPLE DUMPLINGS.

2 c. flour.	2 tbsp. shortening.
4 tsp. baking powder.	1 scant c. milk.
$\frac{1}{2}$ tsp. salt.	3 apples.

Mix as for baking powder biscuits. Roll $\frac{1}{4}$ in. thick. Put saucer on dough, and cut around with a knife. Place on this dough sliced apples. Sprinkle with sugar, fold the dough over the apple, pinching it down thoroughly. Steam 1 hr. and serve with a sauce or cream, or place in a baking dish and pour over them a syrup made with 1 c. sugar, 2 c. boiling water and 1 tbsp. butter. Bake 45 min., covering the first half hour.

PUDDING SAUCE.

2 tbsp. butter.	1 c. brown sugar.
4 tbsp. flour.	2 tbsp. lemon juice.
$1\frac{1}{2}$ c. hot water.	

Melt butter, add flour and then hot water gradually. Cook until thick and smooth and add sugar. Stir until sugar is melted, add lemon juice and serve hot.

LESSON 20.

PASTRY

Pastry should be handled as little, as lightly, and as quickly as possible. Winter wheat flour should be used. Butter makes a crisp, brown crust, lard a tender, white crust. The shortening and the water should be cold and mixed into the flour with a knife, that the heat of the hands may not soften the shortening. If convenient, use a marble or glass slab for rolling. Never use cheap materials for a pie. Pastry should be put in a hot oven and the heat lessened after a short time, as it should rise first and then brown.

PLAIN PASTE

$1\frac{1}{2}$ c. flour.	$\frac{1}{2}$ c. lard.
$\frac{1}{2}$ tsp. salt.	Ice water.

Mix flour and salt. Cut in the lard with a knife. Add water gradually, using only enough to moisten. Turn on a floured board and roll one-half of it for the lower crust, about $\frac{1}{8}$ of an inch thick. Brush the edge lightly with cold water to make the two crusts stick together. The pie is then ready to fill. After filling, roll out the rest of the dough, making incision in the center to allow the steam to escape. Fit the upper crust to the lower crust, cut the edges to fit the pan, and press them together to prevent the juices from escaping.

APPLE PIE

Pare, core and slice apples. Fill the lower crust, heaping slightly in the center. Sprinkle with sugar and nutmeg or cinnamon. Add a little flour, dot with butter, add a little water. Put on the upper crust and bake 35 to 40 min.

LESSON 21.

PASTE NO. 2

$1\frac{1}{2}$ c. flour.	$\frac{1}{4}$ c. lard.
$\frac{1}{2}$ tsp. salt.	Ice water.
$\frac{1}{4}$ c. butter.	

Mix flour and salt, cut in lard with a knife. Add water gradually using only enough to moisten. Turn on a flour board, roll, dot with the butter. Sprinkle with flour and fold toward the center. Roll out again, and roll up as for a jelly roll. Cut from this enough for a single crust standing on end. Press flat with hand and roll out to fit the pan. Flour the pan before putting on the crust. The edge of the crust should be slightly full to prevent shrinking from the edge of the pan. Fill with the filling desired, using the rest of the pastry for an upper crust.

LEMON PIE

$1\frac{1}{2}$ c. sugar.	Yolks 2 eggs.
6 tbsp. corn starch.	Grated rind and juice 1 or 2
2 c. boiling water.	lemons.
1 tbsp. butter.	

Mix sugar and cornstarch. Add boiling water, stirring constantly. Cook 2 min., add butter, slightly beaten yolks and lemon. Pour into a pan and bake until the crust is brown, about 25 or 30 min. Cool slightly and cover with meringue. A double rim may be used if preferred and the crust baked before adding filling.

MERINGUE

Whites of 2 eggs.	2 tsp. lemon juice or
4 tbsp. powdered sugar.	$\frac{1}{4}$ tsp. vanilla.

Beat whites until stiff, add sugar gradually and flavoring. Spread on pie and bake slowly until brown.

NOTE:—The crust may be baked separately, then the filling and meringue added and set in the oven to brown on top.

LESSON 22.

BREAD

Notes on Bread, Lessons 25 and 26—pages 66-70.

BREAD WITH SPONGE

1 qt. boiling water.	3 small potatoes.
2 tbsp. sugar.	1 cake yeast dissolved in
2 tbsp. lard.	1 c. lukewarm water.

Flour.

Boil and mash potatoes. Add salt, lard and boiling water. When lukewarm, add yeast, and flour to make a sponge. Let rise over night. In the morning add sugar and flour to make a soft dough. Turn on a well floured board and knead lightly till smooth and elastic. Put into a greased bowl. Grease the top to prevent a hard crust from forming. Cover closely. Let rise till it doubles in size. Knead and shape into loaves or rolls. Let loaves rise in the pan $\frac{1}{2}$ to $\frac{3}{4}$ hr. and bake 40 to 60 min. Rolls should rise in the pan from 1 to $1\frac{1}{2}$ hrs. and bake in a hot oven 20 min.

Do not put the bread in too warm a place while rising. Do

not fill the pans more than one-third full. Do not use much flour in second kneading.

A sponge is the consistency of a thin drop batter.

LESSON 23.

PARKER HOUSE ROLLS

1 pt. milk.	$\frac{1}{2}$ cake yeast dissolved in.
1 tbsp. butter.	$\frac{1}{2}$ c. lukewarm water.
1 tsp. salt.	Flour.
1 tbsp. sugar.	

Scald milk. Add butter, sugar and salt—when lukewarm, add yeast and flour to make a soft dough. Knead until the dough blisters. Let rise till it doubles in size. Shape into rolls; let rise 1 to $1\frac{1}{2}$ hrs. Bake in a quick oven 20 min. Brush with milk or butter.

TO SHAPE ROLLS

Roll dough $\frac{3}{4}$ inch thick; cut with a cooky cutter. Crease in the center with the handle of a knife dipped in flour. Brush one-half with melted butter. Fold, place in pans about $\frac{1}{2}$ inch apart.

LESSON 24.

USES OF STALE BREAD

Stale bread, if heated in a closely covered pan, becomes almost like fresh bread, and can be used again on the table. Keep pieces of stale bread by themselves in a jar or covered bowl. Slightly stale pieces may be used for toast. Dry broken pieces in a warm oven until they are crisp but not brown. Crush and sift the crumbs and keep in a glass jar closely covered. They will keep for several weeks. Coarser and browned crumbs may be used for the tops of escalloped dishes. Broken pieces not dried are suitable for bread puddings, stuffing and fillings for escalloped dishes. Bread, dried slowly in the oven until brittle and brown all through, is liked by many people and is excellent for children.

BREAD PUDDING

- | | |
|-----------------------------------|--------------------------|
| 2 c. to 3. c. stale bread crumbs. | $\frac{1}{2}$ tsp. salt. |
| 1 qt. milk. | 2 tbsp. butter. |
| 2 eggs. | Nutmeg or cinnamon. |
| $\frac{1}{4}$ c. sugar. | |

Soak bread crumbs in milk. Beat eggs, add sugar, salt, butter and spice. Stir this mixture into the bread and milk. Put into a baking dish and bake 1 hr. in a moderate oven. If desired, add 1 square melted chocolate.

EGG TOAST OR FRIED BREAD

- | | |
|------------|------------------|
| 1 egg. | 1 tsp. salt. |
| 1 c. milk. | 10 slices bread. |

Beat eggs slightly, add milk and salt. Dip bread quickly into the mixture. Saute, browning on both sides. Serve with butter and syrup or with lemon sauce for dessert.

YELLOW SAUCE

- | | |
|----------------|----------------------|
| 1 egg. | 1 c. powdered sugar. |
| 1 tbsp. cream. | 1 tsp. vanilla. |

Beat egg till thick and lemon colored. Add cream and sugar gradually, continue beating. Flavor and serve.

NOTES

LESSON 25.

BEANS

String beans. There are two varieties, green and yellow (butter beans). The green beans are the best flavored and are in market from July to October.

Shell beans are sold in pods or shelled. They are in market during July and August. Lima beans are of this class. Dried beans may be had throughout the year.

Beans are deficient in fat and therefore should be cooked with some form of it. They are easily digested if the hull is broken, but if not, the digestive juices cannot penetrate them; hence split beans which have the hulls removed are more easily digested.

BOSTON BAKED BEANS

1 pt. beans.	1 tsp. mustard.
$\frac{1}{4}$ tsp. soda.	$\frac{1}{4}$ lb. salt pork.
1 tsp. salt.	1 small onion.
$\frac{1}{4}$ c. molasses.	

Pick over, wash beans and soak over night in cold water. Drain, add soda and cover again with cold water. Boil 20 min., or until the outside skin cracks. Boil the pork 20 min., saving the water in which it was boiled. Put the onion and pork in the bottom of the bean jar. Fill with beans and pour over them the molasses, with which the seasoning has been mixed. Cover with the water in which the pork was boiled, and bake slowly for 5 or 6 hrs. Cover while baking and add water as needed. Brown sugar may be used instead of molasses.

BOSTON BROWN BREAD

1 c. rye flour.	$\frac{1}{2}$ tsp. salt.
1 c. cornmeal.	$\frac{3}{4}$ c. molasses.
1 c. graham flour.	2 c. thick sour milk.
2 tsp. soda.	

Mix dry ingredients. Add milk and molasses and beat well. Pour into greased moulds. Grease covers also and never fill moulds more than $\frac{2}{3}$ full. Half molasses and half brown sugar may be used. Steam $3\frac{1}{2}$ hours. A baking-powder can makes a convenient mould.

LESSON 26.

CAKE

For directions on mixing and baking, see Lesson 34, page 84.

MOTHER'S CAKE

$\frac{3}{4}$ c. butter.	1 c. milk.
$1\frac{1}{2}$ c. sugar.	4 tsp. baking powder.
3 eggs, beaten separately.	3 c. flour.
1 tsp. vanilla.	

Cream butter, add sugar gradually, then beaten yolks and flavoring. Mix flour and baking powder, and add alternately with the milk. Beat well and fold in beaten whites. Bake 40 to 50 min. in a moderate oven, if a loaf; 20 to 25 min. if in layers.

BOILED FROSTING

1 c. sugar.	White of 1 egg.
$\frac{1}{2}$ c. water.	$\frac{1}{2}$ tsp. vanilla.
$\frac{1}{8}$ tsp. cream of tartar.	

Mix sugar and water and cream of tartar. Heat gradually and boil slowly without stirring until syrup will thread when dropped from tip of spoon or tines of silver fork. Pour gradually on white beaten very stiff, and continue beating until thick enough to spread, then add flavoring. If beaten too long, it will not be smooth. If not beaten long enough, the frosting will run.

LESSON 27.

SPONGE CAKE

The oven for baking sponge cake should be hot enough to turn a piece of white paper a light brown in 5 min.

TO MIX SPONGE CAKE:—Separate yolks from whites of eggs. Beat yolks till thick and lemon colored, using a "Dover" egg beater; add sugar gradually, and continue beating, then add flavoring. Beat whites till stiff and dry, add to the first mixture. Mix and sift flour with salt and baking powder if used, and cut and fold it in with the whites at the last. If mixture is beaten

after the addition of the flour, much of the work already done in enclosing the air is lost.

BERWICK SPONGE CAKE

3 eggs, beaten separately.	1 tsp. flavoring.
$1\frac{1}{4}$ c. sugar.	2 tsp. baking powder.
$\frac{1}{2}$ c. water.	2 c. flour.

Beat yolks 5 min., add sugar slowly and beat 2 min. Add water and flavoring. Slip the beaten whites into the bowl, and sift the flour, mixed with the baking powder, slowly over them. Fold all together. Bake in shallow tins or loaf. Cut in two and fill with cream if for Washington pie. Sprinkle the top with powdered sugar.

CREAM FILLING FOR WASHINGTON PIE

2 c. milk.	$\frac{1}{8}$ tsp. salt.
$\frac{3}{4}$ c. sugar.	1 beaten egg or
6 tbsp. flour.	2 beaten yolks.
$\frac{1}{2}$ tsp. vanilla.	

Scald the milk in a double boiler. Mix the sugar, flour and salt until the flour cannot be seen. Pour the milk over the mixture, return to double boiler, and stir until it thickens. After it has cooked ten minutes, remove from the fire, add the egg quickly. When cool, flavor.

LESSON 28.

COOKIES

In making cookies, care should be taken not to make them too stiff or they will be dry. Handle as little as possible to avoid making them tough. Roll only a part of the dough at a time, cutting the cookies as close together as possible. Place in the pans with an inch space between each cookie to retain the shape. Cookies require a hot oven, and should be removed from the pan while hot to prevent breaking.

COOKIES

$\frac{1}{2}$ c. butter.	$\frac{1}{2}$ tsp. flavoring.
1 c. sugar.	4 tsp. baking powder.
1 or 2 eggs.	$\frac{1}{2}$ tsp. nutmeg.
$\frac{1}{4}$ c. milk.	$2\frac{1}{2}$ c. flour.

Cream butter, add sugar, beaten eggs, milk, flavoring and flour mixed with baking powder and nutmeg. Turn on a floured board, roll, cut and bake on greased tins about 10 min.

LESSON 29.

SOUR MILK COOKIES

1 c. butter.	1 c. sour milk.
2 c. sugar.	1 tsp. soda.
2 eggs.	About 4 c. flour.

Mix in order given, mixing soda with 2 c. flour, then adding flour enough to roll. Turn on a floured board, roll about $\frac{1}{4}$ inch thick, cut and bake on floured tins.

SOUR MILK GINGER COOKIES

$\frac{1}{2}$ c. butter.	2 tsp. ginger and nutmeg.
1 c. sugar.	$\frac{1}{2}$ c. sour milk.
1 c. molasses.	2 tsp. cinnamon.
1 egg.	1 tsp. soda.
Spk. cloves, allspice.	Flour.

Mix in order given, mixing the soda and spices with 2 c. flour and continue as for sour milk cookies.

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LESSON 30.

CAKE

Cakes containing either molasses or sour milk are made light by using soda, instead of baking powder.

SOUR MILK CHOCOLATE CAKE

$\frac{1}{2}$ c. butter.	$\frac{1}{3}$ c. boiling water.
$2\frac{2}{3}$ c. brown sugar (1 lb.)	1 tsp. soda.
2 eggs.	1 square chocolate.
$\frac{1}{2}$ c. sour milk.	2 c. flour.

Cream the butter, add the sugar gradually, then the beaten eggs and sour milk.

Dissolve the chocolate and soda in the boiling water. Stir this in and then the flour. Bake 40 to 50 min. in moderate oven, if in loaves; 20 to 30 min. if in layers.

LESSON 31.

GELATINE

Gelatine is a transparent, jelly-like substance obtained from the tendons and bones of young animals. Most fruits contain a substance similar to this, called pectin, which causes the juice to jelly when heated with sugar.

Gelatine is insoluble in cold water, but soluble in boiling water. Never cook gelatine, as this develops a disagreeable flavor and the gelatine will not harden. To harden gelatine deserts quickly, set them in a pan containing a mixture of cracked ice, salt and water.

LEMON JELLY

2 tbsp. granulated gelatine.	1 c. sugar.
$\frac{1}{2}$ c. cold water.	$2\frac{1}{2}$ c. boiling water.
Juice of $\frac{1}{2}$ lemon.	

Soak gelatine in the cold water until soft. Add boiling water. When gelatine is dissolved, add sugar and strained lemon juice. Strain carefully into a wet mould and set aside to stiffen.



TABLE SETTING--LUNCHEON

LESSON 32.

PLAN LUNCHEON

SERVE LUNCHEON

LESSON 33.

SALADS

For notes on salads, see Lesson 22, page 59.

VEGETABLE OR MACEDOINE SALAD

Cold cooked peas, carrots, beets, string beans, potatoes or almost any cold vegetable may be combined in this salad. Cut beets and carrots in one fourth inch cubes, string beans and celery in short lengths.

Mix each vegetable separately with French or boiled dressing, and arrange them in sections, forming a circular mound upon a bed of lettuce. Let vegetables of contrasting colors come next each other and garnish with radishes, celery tips and small lettuce leaves.

FRENCH DRESSING

3 tbsp. olive oil.	$\frac{1}{2}$ tsp. salt.
1 tbsp. vinegar or lemon juice.	Cayenne.

Stir seasoning into the oil, add vinegar and stir hard until the dressing thickens slightly.

VEAL SALAD

1 lb. cold cooked veal.	1 stalk celery or 1 cucumber.
Nut meats.	

Dice meat, add celery or cucumbers cut in dice, then nut meats, moisten with dressing and serve on shredded lettuce.

SALAD DRESSING

4 tbsp. flour.	Dash of cayenne pepper.
3 tbsp. sugar.	2 eggs.
1 tsp. salt.	$\frac{2}{3}$ c. vinegar.
1 tsp. mustard.	$\frac{1}{3}$ c. water.
3 tbsp. olive oil or $1\frac{1}{2}$ tbsp. butter.	

Mix dry ingredients, add beaten eggs, vinegar and water. Cook over hot water until thick. Add butter, or, if oil is used, add very slowly when cool.

LESSON 34

FRUIT SALAD

Mix diced oranges, bananas and pineapple, add broken nut meats. Moisten with salad dressing and serve on lettuce. Garnish with maraschino cherries.

SALMON SALAD

1 hard boiled egg.

1 can salmon.

Drain oil from salmon. Remove skin and bone. Flake fish, being very careful not to mash. Add egg, cut into dice and moisten with salad dressing. Chopped sour pickles, cucumber cut into dice, broken nut meats and shredded lettuce may be added.

CHEESE BALLS

Measure Neufchatel or snappy cheese by the teaspoon. Shape into balls. Put an English walnut meat on each side. Use as a salad garnish.

LESSON 35.

SANDWICHES

Bread for sandwiches should be at least a day old and cut in thin slices. It is not necessary to remove crusts. Use butter creamed until very soft. The slices of bread should fit together. Roll each in oiled paper for box luncheons.

LETTUCE SANDWICHES

Shred lettuce and put a little on the buttered bread. Dot with salad dressing, cover with lettuce and press on the other slice of bread. Trim edges of lettuce with scissors and cut in half.

EGG SANDWICHES

Chop cold hard-boiled eggs, moisten with salad dressing and spread thinly between slices of buttered bread. One egg makes three sandwiches.

SARDINE SANDWICHES

Drain oil from sardines. Remove skin and bones. Mash, add yolks of hard-boiled eggs mashed fine. Season with salt, pepper and a few drops of lemon juice. Spread thinly between slices of buttered bread.

Use one sardine for each sandwich and allow the yolk of one egg for four sandwiches.

STUFFED EGGS

Cut hard-boiled eggs in half. Remove yolks and put whites aside in pairs. Mash yolks, add pepper and salt to taste. Put in enough melted butter and vinegar, or mix with a salad dressing to moisten. Refill the whites, place halves together and wrap in oiled paper.

HAM SANDWICHES

Mince cold boiled ham and moisten with salad dressing or melted butter and spread between buttered bread; or put cold boiled ham sliced very thinly between slices of buttered bread. One tbsp. of minced ham makes one sandwich.

RELISH SANDWICHES

Chop olives, pickles and English walnuts very fine and moisten with salad dressing. Spread thinly between slices of buttered bread. Pimentos may be added.

BROWN BREAD SANDWICHES

Mash Neufchatel cheese, add chopped olives and spread thinly between slices of buttered bread.

LEMONADE

Juice 2 lemons.

1 c. sugar.

4 cups water.

Ice.

Mix sugar and lemon juice. Add water and stir until dissolved.

LESSON 36.

For notes on Freezing, see Lesson 36, page 86.

ICE CREAM

2 tbsp. flour.	1 pt. milk.
1 c. sugar.	1 qt. cream.
$\frac{1}{8}$ tsp. salt.	1 tbsp. vanilla.
1 beaten egg or 2 yolks.	

Mix flour, sugar and salt. Add scalded milk gradually. Cook over hot water 15 min., stirring constantly at first. Stir in the egg. When cool add cream and flavoring. Strain and freeze.

In freezing, the salt melts the ice. In doing so it draws the heat from the mixture in the can and freezes it.

Small portions of ice cream or ices may be frozen in a baking powder can, set in a bowl of salt and crushed ice.

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TABLE SETTING—DINNER

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APPENDIX—CHAPTER 1.

1

HINTS ON HOW TO WORK

See that the fire is ready for use or so arranged that it will be ready by the time it is needed.

Collect all materials and utensils that will be needed, including a pan on which to lay sticky knives, spoons, egg beaters, etc.

Take care not to make work for yourself by using more utensils than are necessary, for instance, measure dry materials first, then liquids, last, fats.

When milk and eggs are used save a little of the milk to rinse out the bowl in which the eggs are beaten.

Use an earthen bowl and a wooden or granite spoon for mixing cakes, muffins, etc.

Have all materials ready for use, flour sifted and measured, eggs broken, raisins stoned, pans greased, etc., before beginning to put them together.

Cover the flour barrel, sugar can, baking powder can, soda, spices and vanilla as soon as you have taken from them what you need.

Clear up as you work, putting dishes to soak as soon as they are emptied and washing them at once if you have a moment to spare. Learn to work neatly, carefully, quietly and quickly.

2

PERSONAL CLEANLINESS.

Observe the following rules in the school kitchen and at home.

Always wear a dress at least two inches from the floor, and an apron large enough to cover your dress well.

Wear no rings nor bracelets in the kitchen.

Pin or tie the hair well back from the face to avoid getting hair in the food.

When sweeping or dusting wear a kerchief or cap to avoid getting dust in the hair.

Before touching or preparing any food, wash hands thoroughly with soap and water; scrub the nails with nail brush and clean them with a nail file. Keep a damp towel to wipe your fingers when they become soiled or sticky. Always wipe them after touching your hair or handkerchief, but never on your apron, handkerchief or dish towel.

The best way to taste of what you are cooking is to take a little of the food up with the mixing spoon, put in a teaspoon, and taste from the teaspoon. If you should happen to taste from the mixing spoon, wash it before putting back in the dish.

3

CARE OF DISH TOWELS AND CLOTHS

Great care should be taken with the towels and cloths used in housekeeping, as they may be a source of disease. Have dish towels and cloths neatly hemmed and use them only for the purpose for which they are intended. Have two cloths, one for the dishes and one for the sink. Wash the dish towels once a day in hot soapy water and the cloths after each meal. Hang in the sun to dry.

Rinse towels and cloths thoroughly in clean water after each meal; wash and wipe dish pans.

Have plenty of holders on hand when cooking so there will be no occasion to use a dish towel. A large oven cloth made of heavy material is a very convenient article.

4

CLEANLINESS AND CLEANING

Dirt is anything unclean. It may be wet or dry. Dry dirt is called dust. There are two kinds of dust, visible or lifeless dust, such as the dust that collects on furniture, and invisible or living dust such as germs and molds. Bacteria or germs are tiny plants or animals—many of which are useful; others cause disease, as consumption, typhoid fever and diphtheria. Disinfectants kill disease germs. The simplest are sunshine, fresh air and boiling water. Antiseptics do not kill, but prevent their growth.

CARE OF KITCHEN

Before beginning to sweep, be sure to cover any food in the room. Always sweep from the edges of the broom toward the center, using short, even strokes and keeping the broom close to the floor, so as not to scatter dust. A room should always be swept before washing or scrubbing it. If anything is spilled on the kitchen floor it should be wiped or brushed up immediately.

Cold water poured on grease hardens it, so that much of it can be scraped off. The kitchen floor should be swept thoroughly once a day and if care is taken need be scrubbed but once a week. Cold or lukewarm water should be used and a stiff brush. Dip brush in water, then rub on soap. Scrub with the grain of the wood, doing only a part at a time, and using no more water than is needed.

Always scrub the grease spots first, for after the floor is wet all over they cannot be seen. Rinse well, wring cloth as dry as possible and wipe dry.

A hardwood floor should be cleaned with a soft cloth moistened with a very little kerosene. All polished or varnished surfaces may be cleaned in the same way.

Oil-cloth should be washed with warm water and milk, using 1 c. milk to 1 gal. of water.

White soap should be used in cleaning paint. Yellow soap is too strong. A little ammonia may be added.

For dusting, soft cloths should be used so as not to scratch the surfaces. Cheese cloth makes excellent dusters. The dust may be collected in the cloth by spreading it out when commencing to dust.

Do not shake or flourish cloth, as the dust only flies around and settles again. Shake cloth frequently out of the window. The cloth may be dampened a little when not dusting delicate articles, as the dust is not so apt to fly. Dusters specially prepared with small quantities of oil may be obtained. These remove and hold the dust and do not scratch.

5

CARE OF REFRIGERATOR.

The refrigerator should be kept scrupulously clean. No food should be left in it long enough to spoil. Keep the food chamber dry. Clean the refrigerator thoroughly once a week, washing with hot soapsuds or borax. Put the shelves in the sun or near the fire to dry. Rinse the waste pipe with sal-soda solution.

CARE OF SINK

When dish washing is finished, wash every part of the sink with hot soapy water, scouring if necessary. No substance that will scratch should be used on a porcelain sink. Keep it at all times free from scraps. If sink is of iron wipe dry after washing. Wipe the woodwork. Wash the strainer, soap dish and other sink utensils. Flush the sink with boiling water every day and once a week with a strong solution of washing soda. Keep the faucets bright and clean.

6

CLEANING MATERIALS

Cleaning materials may be classed or grouped according to their form of preparation, as cleaning powders, soaps, scouring materials and liquid cleaners.

One of the chief offices of a cleaning preparation is to cut or dissolve grease and dirt, and another is to soften water.

There are numerous cleaning preparations for household use on the market today in powdered, brick and cake form, each having certain cleaning properties and advantages claimed by their manufacturers. It remains for the housewife to demonstrate to her own satisfaction which of these is the most useful and efficient for her purpose.

Sal-soda, ammonia, borax and lye are chemicals used extensively as cleaning materials.

Sal-soda is a stronger form of alkali and gives general satisfaction.

Ammonia is used to soften water for laundry work and for general cleaning, and is especially good to use instead of soap for glassware and windows.

Soap is an alkali preparation of soda or lye with acids extracted from fats. It is the most used of cleansing agents and one of the most efficient. There are many different kinds of soap manufactured, each being prepared for certain kinds of cleaning, such as laundry, toilet, soft and green soap. Laundry soap is used principally for washing clothes and general cleaning; the nature of the cleaning should govern the quality used.

Toilet soap should be used only on the person. Soft and green soaps are economical forms to use for ordinary scrubbing and cleaning, where it is necessary to use soap in large quantities.

Scouring or gritty preparations are used to remove matter that cannot be dissolved by ordinary means. Such should never be used on articles that would be injured by scratching. Granite-ware, fine dishes and porcelain sinks, etc., should not be cleaned continuously with scouring materials.

Lye is one of the strongest of cleansing agents and it should be handled with great care and judgment, as it attacks flesh, causing the skin to peel and forming ugly sores. It is used principally to cut or dissolve grease. It is an excellent varnish and paint remover and is used on receptacles that accumulate greasy filth, such as garbage cans and the waste pipe to sinks. It comes in powdered form in cans and is prepared by dissolving in water, the strength of the solution being governed by the use to which it is to be put.

Quick-lime is an excellent thing to sprinkle on the floor and about the walls of dark and damp cellars, in cesspools and in and about outbuildings, especially chicken coops and barns, as it is an absorbent of offensive odors and kills vermin and germs.

Water should not be forgotten as a cleaning agent, for its power to dissolve dirt makes it an essential aid to all cleaning compounds. Soft water is better to clean with than hard water.

Many forms of dirt that cannot be dissolved and removed by water and cleaning powders are readily removed by the use of kerosene, gasoline or turpentine. All of these liquids are inflammable and more or less explosive, and should therefor be used with the greatest care and judgment. Never attempt to use them near or about an open fire, lighted lamp or match, or any other source of heat or flame.

Aqua-ammonia is also used for cleaning purposes.

CARE OF HARDWOOD FLOORS.

On a hardwood floor use little if any water. Wipe it with a cloth moistened with a very little kerosene, a teaspoonful or two at a time, then rub hard with another cloth until wood is dry. Once a month use skim milk to polish, wringing the cloth nearly dry and then polishing with a perfectly dry cloth. A floor brush or broom, covered with canton flannel fleecy side out, is best for brushing a hardwood floor.

CARE OF OILCLOTH AND LINOLEUM

A small pattern will show less wear. Wash with warm water and milk, using 1 c. milk to 1 gal. water and wipe dry. Or wipe with warm soapsuds and a woolen cloth. A big sponge is very good for this purpose.

7

TO REMOVE STAINS FROM CLOTH

The removal of stains from fabrics is uncertain at the best. So varied are the conditions of the occurrence and character of the stain and the kind of fabrics that it is difficult to prescribe a receipt that will guarantee results. What would be successful in one case might be a failure in another. Patience, perseverance and care are therefore needed in the endeavor to remove stains. And the thing to remember is that often a little forethought and care prevent stains that we know are difficult to remove. If fabrics are very badly stained it is better to consult a professional cleaner. The following are recipes for the more common stains.

Mildew.—Soak in sour milk, dry in the sun and wash in the usual manner.

Tea and coffee, or small fruit stains.—Pour boiling water through the stains.

Grass Stains.—Alcohol or molasses.

Iron rust.—Soak the article in kerosene. Wash as though with water, or make a paste of cream of tartar and water and put in the sun and wash.

Machine oil stain or any grease.—Rub with fresh lard before washing with soap and water.

Blood.—Soak in cold water or water and salt. When nearly gone, use soap and water, or use starch paste.

Milk, Cream.—Wash while fresh in cold water.

Scorch.—Hang in the sun and slight scorch will be removed.

Paint.—Sponge with benzine, turpentine or chloroform.

Perspiration.—Place in sunshine in soap solution. Difficult and requires patience.

Ink.—(1) If stain is fresh allow the part stained to stand in milk. Wet with cold water and then immerse stained part in diluted solution of Oxalic acid, remove and rinse in ammonia water.

For White Goods.—(2) Cover stain with salt and squeeze lemon juice on it and rub between the hands. Repeat and allow it to stand in the sun for several hours. Wash out in clear water first and then with soap.

8

CARE OF SILVER

The proper care of silver forms an important point in the attractiveness of the dining table as well as keeping it in good condition through years of use.

When clearing the table, collect the silverware, keeping in a pile by itself, as mixing it with steel scratches it. Rinse if necessary and wash in hot soapy water. Rinse with hot water and wipe with perfectly clean dry towels, rubbing till dry. A damp towel makes dull silver.

Never place silverware on the bottom of a tin dish pan, as this scratches it. Put some flat dish or a cloth underneath.

TO CLEAN SILVERWARE

Moisten a soft cloth with water in which a few drops of ammonia have been poured, dip in fine whiting and apply to silver rubbing briskly if very much tarnished. When the whiting is dry rub it off with another soft cloth and polish with chamois skin. Pour sour milk into a tin or aluminum vessel and put in the silver. Allow to stand a few hours; then take out, rinse and rub dry with a clean soft cloth. Whiting or prepared chalk is a preparation of powdered English chalk, and can be purchased at any drug store.

When putting away silver for the summer, paint it with a soft brush dipped in alcohol in which some collodion has been dissolved. It will dry immediately and form an invisible coating on the silver which will prevent it from tarnishing and which can be washed off easily by dipping the pieces in hot water. A piece of camphor kept in the silver chest will do much to prevent tarnishing.

Keep silver in a dry, covered place, knives, forks and spoons in separate boxes or in groups by themselves. Silver not in daily use may be kept bright by placing in flannel cases.

9

HOW TO CLEAN METALS

Aluminum.—In cleaning aluminum, be careful not to use any gritty substance, as it will scratch the ware. Also, never use soda in any form, for it will cause a black tarnish to be formed that is impossible to remove.

(a) Wash the pieces to be cleaned in solution of soft water and soap; then drain and rub thoroughly with a chamois cloth.

(b) Put a little lemon juice on a cloth and rub the utensils well. Polish with a clean cloth.

(c) Mix a little whiting with cold water to form a paste. Rub it on the vessel and polish with a soft cloth.

Brass.—By far the best method of cleaning brass is by means of one of the standard market preparations. Directions for using these are given on each can.

Where cleaning preparations are unavailable, home remedies will be useful. If the brass is merely tarnished, apply whiting moistened with aqua ammonia, then polish with a soft cloth. Do not use too frequently and rinse well with water, as ammonia will corrode brass.

Lay the pieces to be cleaned in a strong solution of soda and hot water and brush over well with soap. Lift out, lay on another dish and pour boiling water over them. Allow to lie for a few minutes then lift out and dry carefully.

Where brass is not merely tarnished, but also corroded, make a solution of one ounce of oxalic acid, a cupful of boiling water and a tablespoonful of hydrochloric acid. Shake well and apply

with a soft rag; then rub clean with another cloth. This preparation is a strong poison; so be careful in using it.

Copper.—Rub the copper with a mixture of vinegar and salt; then wash in salt and water and dry well with a soft cloth.

Dip an onion peel into extra fine pumice stone, and apply it thoroughly to the vessel that is to be cleaned. Wipe off with a clean cloth and polish with a chamois rag, rubbing it till it shines.

Dip a squeezed-out lemon into fine cinders and proceed as above.

Steel.—Steel articles may be cleaned by rubbing with a piece of raw potato, unslaked lime, powdered pumice stone or emery cloth.

Rub discolored steel with a brush dipped in paraffin oil and then in emery powder. Polish with a dry chamois cloth.

To prevent steel articles from rusting coat with vaseline.

To remove rust from steel or iron, rub with salt wet with hot vinegar. After scouring rinse with boiling water, dry thoroughly, and polish with a clean flannel cloth and a little sweet oil. Or rub well with kerosene oil, leaving the articles covered for a day or so, and then rubbing them well with finely powdered unslaked lime or emery cloth.

Tin.—Wet a cloth and dip it in common washing soda. Rub the ware briskly and rub dry.

Mix whiting with water and ammonia to form a stiff paste, and apply to the tin to be cleaned. Be careful that all of the powder is wiped off before putting the dish away.

Zinc.—Wash with soap and warm water and dry. Rub carefully with a cloth dipped in turpentine or kerosene.

Iron.—Many excellent scouring soaps may be bought and should be used if possible. If they are unavailable, try this method:—

To clean iron saucepans, griddles, frying pans, remove any food that may be adhered to the inner surface and clean the main part of the soot from the outer surface by scraping it off with a knife. Then rub the pot well with soap, and scrub it with a brush dipped in silver sand or other gritty substance. Rinse well in clean hot water and place upside down in a warm spot to dry.

To prevent iron from rusting, give it a coat of linseed oil or

vaseline and whiting mixed together to form a paste. This may be easily removed.

Gold.—Gold jewelry that is dulled may be brightened by dipping it into a solution of warm soap-suds containing one part of ammonia to three parts of water. Rinse well and polish with a clean chamois rag.

Dull gold may be cleaned by rubbing it gently with a soft brush moistened in bicarbonate of soda and water to which a few drops of ammonia have been added. Rinse thoroughly and dry in pure warm sawdust.

Nickel.—Follow directions given under "Silver."

Pewter.—Apply onion peel and extra fine pumice stone or lemon and fine cinders, as described under "Copper."

Make a stiff paste of powdered pumice stone and soap, and add a bit of sweet oil. Wash the pewter thoroughly; moisten the paste with water and rub it well over the pieces. Leave on for several hours; then rub it off with a soft cloth. Polish with a mixture of ammonia and whiting by rubbing with a piece of clean chamois.

Porcelain or Enamel.—Bath tub and washstands, etc.

(1) Apply kerosene oil with a damp cloth and rinse thoroughly with hot soap suds.

(2) Commercial cleaning bricks.

10

TO BUILD A FIRE

Cleaning the fire box.—Open all the dampers except oven dampers. Brush ashes from edge of fire box into fire-box and put on lids. Turn the grate over so that the ashes will fall into the ash pan.

To lay the fire.—Fill fire-box one third full of shavings or small pieces of paper placing them loosely. On these lay small sticks of soft wood crosswise. Put one or two shovels full of coal on top of wood.

Arrange the fuel loosely so that the air may have a free passage through it. Put on lids.

Light the fire by applying a lighted match between the bars of the grate to the paper or shavings.

When the wood is all ablaze, add more coal, as it will settle and the wood will burn away.

Never fill fire-box more than two thirds full.

When the blue flame is gone, close the oven dampers and half close the lower dampers. When the coal is burning well, close lower dampers and half close chimney damper.

To check the fire slightly, open the slide in the check damper.

To check it decidedly, open the check damper itself.

To keep a fire over night, fill the fire box with coal, close oven, lower front and chimney dampers and open check dampers.

Care of Stove.—If anything is spilled on the stove, wipe it off at once with soft paper.

Keep nickel clean and bright by using whiting moistened with ammonia. If stove is to be blackened and polished, it should be done when slightly warm.

Be careful not to allow anything to run over in the oven. If accidents occur, clean oven with brush or knife as soon as the oven is cold.

Care of an open range.—Keep burners clean. Take out the tray under burners every day and brush thoroughly.

CARE OF THE DINING ROOM.

Much of the comfort and cheerfulness of the family depend upon the dining room and its appointments. No matter how plain the furnishings may be, they should be appropriate and well cared for. The rug on which the table stands should be plain or a small pattern. It is much better to have a rug than a carpet. The rug may be taken into the open air frequently to be beaten and exposed to the air.

The table well polished at all times, should have on it between meals an attractive centerpiece of white, or colors harmonizing with the wall and rug. A small plant or a few flowers will do much to brighten the room. Chairs should be placed where convenient, not against the wall.

A buffet or serving table is pretty and useful, the drawers to hold the linen and silver, and the top with cover to match the centerpiece, on which are placed a few attractive bits of china, glass or silver. During meals, it is the place for extra dishes and

silver. A cabinet for storing choice china and glass add to the attractiveness of the room.

After a meal remove all dishes to the kitchen or butler's pantry, remove the cloth and put the centerpiece and flowers on the table. Brush up all crumbs from the floor. After breakfast air the room thoroughly and dust all the furniture and any dishes open to the air.

Once a week sweep the room thoroughly, cleaning the silver and wiping out all cabinets and drawers. Have the room and everything in it at all times spotlessly clean. The items below are suggestions as to the order of a weekly cleaning of a dining room.

Clean movable draperies, ornaments and smaller furniture and take from the room. Dust and roll up the shades. Remove smaller rugs and clean them. Brush, dust and cover larger pieces of furniture. Brush high woodwork and walls. Dust picture frames and wipe backs of smaller pictures. Sweep heavier rugs and roll up. Dust gas fixtures. Clean the floor.

TABLE DECORATIONS

Every good housekeeper takes pride in her table. Flowers in a low basket or vase, or a low plant, lends to the attractiveness as well as the cheerfulness of the meal. Dainty place cards and bonbon boxes are very pretty, made to carry out the idea and color scheme of the hostess.

12

SETTING THE TABLE.

Good service is not a fad, and back of every correct arrangement there is a reason which will be apparent to the guest from the ease with which the meal is served.

Cover the table with a silence cloth made of canton flannel or felt. This is to protect the table, to deaden the sound made by setting down the china, and to improve the appearance of the linen. Spread the cloth smoothly and evenly, having the center of the cloth in the center of the table.

Place a service plate in the center of each cover, allowing from twenty-five to thirty inches in length and fifteen inches in depth for each. The plate, as well as the cutlery and silver, is

set one-half inch from the edge of the table. Place the dinner knife at the right of each service plate, the cutting edge toward the plate; next to it and parallel the soup spoon (bowl up). Place the forks at the left of the service plate (tines up), in order of use, the first to be used being the farthest from the plate. Place the teaspoons at the right of the knives or at the top of the plate as space permits. At the left of the forks lay the napkin. Near the point of the knife set the water glass. Place the bread and butter plate at the left side above the forks.

When the host is to carve, place the carving knife and fork and serving spoons on his right. Arrange the tea or coffee service neatly and conveniently in front of the hostess. Arrange the centerpiece. Arrange chairs at a sufficient distance from the table so they need not be moved when people are seated. The buffet should contain the water pitcher, tray (covered with doily), extra napkins and silver for an emergency. Also a plate and napkin for removing crumbs. Fill water glasses two-thirds full and light the candles, if any, 2 min. before dinner is announced.

To announce a meal, the waitress steps to the drawing room door and speaks to the hostess, "Dinner is served."

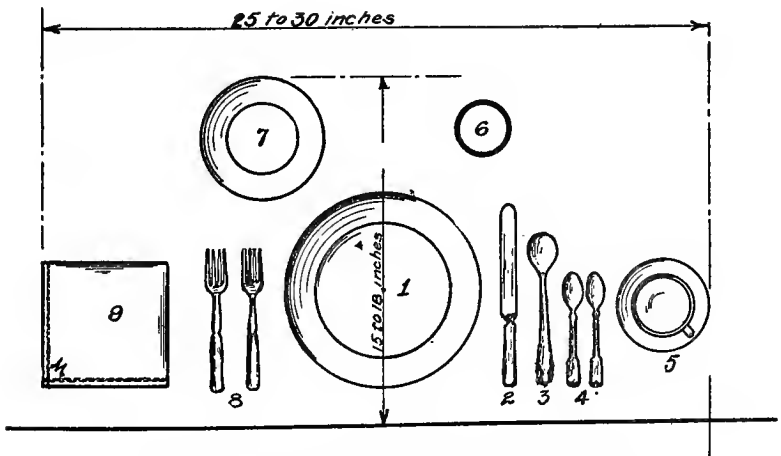


DIAGRAM OF TABLE SETTING FOR ONE INDIVIDUAL

- | | | |
|----------------|----------------------------|--------------------------|
| 1—Dinner plate | 4—Tea spoons | 7—Bread and butter plate |
| 2—Knife | 5—Coffee or tea cup saucer | 8—Forks |
| 3—Soup spoon | 6—Vegetable dish | 9—Napkins |

TABLE SERVICE

Heat all dishes for food that is to be served hot and chill those for cold articles. When passing a dish, hold it so the thumb will not rest upon the upper surface. When the dishes are being served by a person at the table, the waitress should stand at his left holding the tray in the left hand and near the table. Take on it one dish at a time and place in front of the person for whom it is intended, using the right hand. In passing a dish from which a person is to help himself, pass to the left side and hold the tray low.

In passing coffee and filling water glasses, go to the right side. Serve hostess first, then guest of honor at her right side, and so on around the table. Remove everything pertaining to one course before serving another. Remove individual dishes first, then those holding food, never piling one on top of another.

Fill glasses between every course, handling near the bottom. Before serving the dessert, remove crumbs. Do not let the table become disorderly during the meal. The waitress should be neatly gowned and careful of her hands and should wear a white apron. She should move quickly and quietly, not noticing the conversation of those at the table. She should be quick to anticipate their wants, and must at all times watch for a signal from the hostess.

13

CARE OF TABLE LINEN.

Much of the appearance of the table depends upon the care of the linen. Even plain linen if well laundered will look attractive. Linen should be well dampened, and ironed on the right side until perfectly dry. Pull the edges of tablecloths and napkins even before ironing and fold with edges perfectly even. Tablecloths should be folded twice lengthwise before folding crosswise.

Embroidered linen should be ironed on the wrong side on a piece of flannel or a Turkish towel to bring out the design.

CARE OF BED ROOM.

DAILY CARE

Every morning, upon arising, throw the bed clothes as far back as possible, placing a chair at the foot to prevent the clothes from touching the floor. Put pillows upon a chair near the window.

Upon leaving the room, open the window wide, and allow bed room and clothes worn during the night to air as long as possible. Two hours is none too long. It is better to allow bed occasionally to remain open till noon than to make it up unaired.

Hang up clothes, put articles not used in order, and see that wash water is emptied, before leaving the room for the day.

WEEKLY CARE

Once a week, at least, take all the clothes from the bed and spread near an open window. Sweep the mattress with a whisk broom, being careful to get the dust out of the tufts. Turn the mattress over and allow room and mattress to air three or four hours.

If the clothes can have the direct rays of the sun upon them, sleep will be more restful and better health will follow.

When changing the bed, place the top sheet used during the week on the bottom, and put on a clean top sheet. Change the pillow cases. Do not allow the spread to become soiled.

TO CLEAN BEDROOM

Dust all small articles, place on bed and spread cloth or sheet over them. Remove from room all large articles possible. If rugs are used (and this is the cleanest floor covering) take out of doors to sweep.

Brush walls with broom, or tie a cloth around it and wipe down, being careful to wipe back of pictures.

Sweep the floor, being careful to clean well into the corners. Let room air one hour before dusting. Dust articles remaining in room, beginning at top and dusting downward.

Wipe woodwork with damp cloth and floor if painted. If

the floor finish is oil, wax or varnish, wipe with dry cloth. Occasionally wipe with cloth slightly moistened with kerosene.

Replace large articles taken from room, dusting before bringing in. Put small articles in place. Give curtains and hangings frequent washing and airing, as the air breathed during sleep should be especially clean and free from dust or other impurities.

Always sleep with windows open; pure fresh air helps prevent tuberculosis.

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APPENDIX—CHAPTER 2.

FOODS.

Organic	{	1. Protein or Tissue building	{	Albumen
				Casein
				Fibrin
				Gluten
				Legumen
	{	2. Carbo Hydrates or Heat, fat and energy producing foods.	{	Starch and
				Sugar
		3. Fat or heat pro- ducing food.		Vegetable
				Animal
Inorganic	{	1. Mineral matter or bone forming food.	{	Salt
				Lime
				Potash
				Sulphur
				Iron
	{	2. Water		The solvent.

Food is that which builds up tissues, repairs wastes and supplies heat and energy.

Foods are divided into the following classes: proteids, carbo-hydrates, fats, mineral matter and water.

The proteid foods build up tissues, repair waste and furnish some heat and energy.

Proteids are divided into two classes, animal and vegetable. The animal proteids are obtained from meat, milk, fish, eggs and cheese; the vegetable proteids from cereals and the legumes, peas, beans and lentils. Carbo-hydrates are obtained from starches, sugars and fibre of plants or cellulose. Their principal use is to furnish heat and energy to the body and to form fat.

The starches are formed in grains, peas, beans and some other vegetables. Sugars are formed in the sap and juices of plants, vegetables and fruits.

Fats are the principal heat producers. Fats are the principal material of certain tissues which fill the spaces between the bones, muscles and organs of the body.

The minerals such as lime, potash and sodium form a large part of our bodies and are obtained from meats, vegetables and fruits, also salt, which is the only mineral substance added to our food.

2

DIGESTION OF FOOD

All food is changed into liquid form before it can be taken into the blood, to build up worn-out tissues.

Some foods must be cooked before they can be acted upon by any of the juices required in digestion.

The first step in digestion: the food must be crushed and ground by the teeth so that the saliva can be thoroughly mixed with it. The saliva changes some of the starch foods to sugar.

Second step: in the stomach the gastric juice dissolves part of the proteins and turns casein from liquid to a solid.

Third step: in the intestines, the bile, pancreatic and intestinal juices act upon the food in three ways:

First—The rest of the starch is changed to sugar.

Second—The rest of the protein is digested.

Third—The fat is divided into small drops and mixed all through the food, just as the cream is mixed all through milk before it rises to the top.

3

CARE OF MILK

Most milk requires heating to render harmless the germs it contains.

To sterilize milk completely, it should be put in sterilized bottles and the bottles placed in water and boiled $1\frac{1}{2}$ hrs.

Pasteurizing consists in keeping milk from fifteen to twenty minutes at a temperature of 160° to 170° F. This will kill all active bacteria and destroys the spores of tuberculosis, typhoid

fever, diphtheria, cholera and all fever producing germs. Pasteurized milk may keep sweet and good for several days, but it is better when prepared fresh every day.

Modified milk for babies is prepared by adding to cow's milk, cream, sugar, and lime water.

Certified milk is milk taken from cattle previously examined by competent authority. The milk is tested before delivery and delivered in sealed containers, stamped "Certified," with the day and date.

4

ICE AND DRINKING WATER

Ice should not be used in drinking water on account of germs in it which are not killed by freezing.

To chill water, put in tightly corked bottles and place near the ice.

Ice supply is from two sources—natural ice and manufactured ice.

Manufactured ice is made from distilled water and is chemically pure.

Natural ice is obtained from rivers or lakes and contains the germs which were in the water before it was frozen.

5

INVALID COOKING

The diet is divided into three classes, liquid, light and convalescent. Liquid diet consists entirely of liquid foods, given at intervals of about two hours. It is composed chiefly of milk and meat broth. Light diet is given after severe illness, and continued till the recovery of a patient. In addition to the liquid diet, light diet consists of soft cooked eggs, soups, gelatins, etc. Convalescent diet includes all ordinary dishes that are easily digested. The change from one to another should be made gradually.

All diets in severe illness should be prescribed by a physician.

SERVING AN INVALID'S TRAY

Take special care in setting the tray. Cover with a spotless tray cloth or dinner napkin, folding same, if it is larger than the tray, that it may come just to the edge. Avoid a fringe cloth, as it is apt to prove annoying. Select the daintiest china, finest glass and choicest silver to be had, making changes as often as possible.

EGG NOG

1 egg.	Nutmeg.
2 tsp. sugar.	Pinch of salt.
$\frac{1}{2}$ c. milk.	

Beat the yolk of egg until light and creamy, add sugar and milk. Stir in lightly the beaten white, pour into a glass and sprinkle the top with nutmeg.

BEEF TEA

$\frac{1}{2}$ lb. round steak.	1 c. cold water.
$\frac{1}{2}$ tsp. salt.	

Remove fat and chop beef fine. Add water and salt and let stand $\frac{1}{2}$ hr., pressing occasionally to extract the juices. Heat slowly and when the liquid is brown, remove from the fire. Pour off the broth. Never allow the beef tea to boil.

RAW BEEF SANDWICHES

Cut juicy lean meat into thin strips. Scrape the meat from the fibre, season with salt and pepper and spread between thin slices of bread.

BEEF JUICE

Cut lean beef from the top of the round into small bits, put into a glass jar, put on the cover and set the jar, wrapped in cloth, upon a trivet in a kettle of cold water. Heat the water slowly until it steams. Let it remain at this temperature four or five hours, then strain, pressing the meat to obtain all the juice.

STEWED FIGS

Wash figs and soak several hours in cold water. Simmer in same water until very tender. Sweeten to taste.

LEMON CREAM

2 eggs. 2 tbsp. sugar.
Juice and grated rind $\frac{1}{2}$ lemon.

Beat the yolks very light, add sugar and lemon. Cook over hot water until the mixture begins to stiffen, then add the beaten whites and stir 2 min. longer, or until like a very thick cream. Cool and serve.

BROILED BEEF CAKES

Scrape round of beef very fine. Season with salt and pepper. Make into small, flat cakes and broil over a clear fire or pan-broil.

FLOUR GRUEL

2 tbsp. flour. $\frac{1}{4}$ tsp. salt. 2 c. milk.

Mix flour with a little of the milk to form a smooth paste. Scald the rest of the milk, add the flour paste and cook 30 min., add salt and serve hot.

CRACKER GRUEL

2 butter crackers $\frac{1}{4}$ tsp. salt. 1 c. milk

Scald milk, add the crackers which have been rolled and sifted. Cook 5 min. Add salt and serve hot.

MISCELLANEOUS

Gelatine	Lesson 31, p. 131.
Milk Toast	Lesson 6, page 21.
Poached Eggs	Lesson 4, page 19.
Custards	Lesson 5, page 19.

MUTTON BROTH

2 lb. neck of mutton.
1 slice onion (medium size).
1 pt. cold water.
 $\frac{1}{4}$ tsp. salt.

Cut meat into small pieces, place in a bowl with seasoning and water, let stand 1 hr. Simmer 3 to 4 hr. Strain, cool, remove fat, reheat and serve. Beef broth may be made in the same way, using meat from the round.

6

CARE OF THE SICK ROOM

The sick room should have the best of care. The principal things to be considered are sunshine, fresh air and freedom from noise and odors.

For these reasons the room should be on the top floor of the house even though this gives many stairs to climb.

It should be plainly, but attractively furnished, without heavy hangings, upholstered furniture, or any unnecessary articles.

The bed may be of iron or brass, single or three fourths width. This makes lifting and caring for the patient easier, and the mattress less likely to sink in the center. When the mattress is level and flat the sheet can be drawn tight enough to prevent wrinkles.

Have the bed at least twenty-five inches in height. It can be raised by placing heavy blocks of wood under each leg, having a hollow about two inches deep in each block.

Have the bed far enough from the wall on all sides to give plenty of room for lifting or otherwise caring for the patient.

The room should not be darkened except in certain cases, but do not have the light directly in the eyes of the patient.

Have a small table near the bed. This may be used in serving meals. The dishes should be removed as soon as the meal is finished. Medicine bottles should be kept out of the room if

possible or at least out of view of the patient. Have a small bell handy to the patient for calling assistance.

If rugs are used, they should be taken out and shaken daily, and the floor brushed up with a broom with a soft cloth free from lint tied around it. Cheese cloth is cheap and satisfactory.

If carpet must be used, be careful to raise no dust while sweeping. Dampen the broom, going over the carpet a second time with a damp cloth pinned around the broom. Use soft clean cloths for dusting, being careful not to scatter the dust.

The air in the room must be pure. Twice a day at least, open the windows, being careful to have no draught on the patient and change the air completely. Have perfect ventilation. If the windows are single, raise the lower sash and fit a board to the opening. The air then passes between the sashes.

Or take a piece of cotton cloth about twelve inches in depth, fasten the lower side to the frame of the upper sash and the upper side to the top of the window-frame. Then lower the sash about ten inches.

The temperature of the sick room should be 68° at night and 70° during the day.

Do not whisper in or near the sick room.

Do not discuss the patient's condition with her or consult her in regard to her food.

Do not lean or sit on the bed, and be careful not to knock against it in passing.

When speaking to a patient always stand in front of her where you may be seen. Do not startle a sick person by speaking to him suddenly.

Keep door and window hinges well oiled and if windows rattle, wedge them apart by placing paper or wood between the sashes.

A board or inverted chair placed on the bed and covered with pillows furnishes a good back-rest if the patient desires to sit up, and frequently this offers a welcome relief.

The diet of a sick person depends upon the condition of the patient and the nature of the disease, and should be prescribed by a physician or some one competent to decide.

FIRST AID TO THE INJURED

By knowing a few simple remedies to be used in case of accident much suffering may be relieved. If relief does not come soon, however, call some one competent to attend the sufferer.

A few remedies should be kept in each home. A bottle of alcohol, one or two rolls of antiseptic bandages, a bottle of carron oil (a mixture of linseed oil and lime water) for burns and bichloride of mercury tablets (5 gr.) are a few simple ones. To make an antiseptic solution, dissolve one 5 grain tablet bichloride of mercury in one quart of warm water.

WOUNDS.—Wounds may be divided into three classes: (1) punctured wounds, such as are caused by nails, fish hooks, pins, needles or scissors; (2) cuts caused by sharp instruments, such as knives, pieces of glass, etc.; (3) bruises, caused by blows or falls.

(1) Punctured wounds are hard to treat, since they are usually deep and with a small opening. They do not bleed freely and are hard to clean.

Be sure that all of the object which caused the wound is removed. Clean the wound on the outside thoroughly and bathe with an antiseptic wash. Squeeze it, to make the blood flow, which will help to carry out the germs that may have entered. If possible to obtain it, an ink filler syringe is excellent to force some of the solution as deep into the wound as possible. Put on it a piece of cotton soaked with bi-chloride solution and hold in place with a bandage or adhesive tape. If the wound becomes inflamed, it should have medical attention at once, as lock-jaw often results from a neglected wound of this kind.

(2) CUTS.—Cleanse the wound thoroughly with an antiseptic solution. Watch the flow of the blood. If it comes in spurts an artery may have been cut. If possible place the thumb near the wound and between it and the heart. Press heavily until a doctor can be called. If this is not possible tie a cloth or handkerchief between the cut and the heart, insert a pencil or stick under the cloth and twist it up tight enough to stop the flow of the blood. Go for a doctor at once. A small cut should be cleaned and bandaged to keep the dirt out.

(3) **BRUISES.**—When the skin is broken, cleanse with an anti-septic solution. Be careful to remove every particle of dirt. Put a piece of cotton wet in the solution over the bruise and bandage.

When the skin is not broken, it is well to apply cloths wrung out of hot water to keep the blood in circulation. Flannel holds the heat better than cotton. For a bruised eye, bathe in hot water and rub gently.

To wring a cloth out of boiling water, dip the cloth into the boiling water and place it in a towel, and twist the ends of the towel in opposite directions till all the water possible is wrung out.

FIRE

Always remember that flames travel upward faster than downward. Therefore, when a person catches fire, he should lie down and roll over and over. This keeps the flames from reaching the face. Fire must have air in order to burn, so any heavy rug, blanket or cloak which will shut off the air will extinguish the flames.

BURNS: The first thing to do to a burn is to exclude the air. The air coming in contact with the burn is what causes intense pain. If a large portion of the body is burned there is no better way for excluding air than to put the patient, clothes, and all into warm water.

Small burns can be put into cold water. Do not put any thing on a burn which would have to be undone if a doctor is called.

Burns are divided into classes according to their severity.

First degree burns cause the skin to be red.

Second degree burns cause blisters.

Third degree burns destroy the tissue of the skin.

To treat a first or second degree burn.—When skin is not broken cover the burn with a cloth wet in soda water, then put on a bandage of woolen cloth or cotton-batting to exclude the air.

The third degree burn.—The skin is broken in this burn, hence oil is used. This should be poured over the burned places, then soft cloths should be saturated in oil and laid on the burn and covered with a woollen cloth or cotton batting. Carron oil is the best to use.

Carron oil is a mixture of equal parts of lime water and linseed oil.

Sun burn is treated the same as any other.

NOSE BLEED:—Hold the head high, apply cold water or ice to the back of the neck and the head to cool the blood. Pressure will often stop the flow. Pinch the nostrils together. If the nose bleeds a long time, plug the nose with cotton. Tie a piece of thread around the cotton to assist in removing it. Keep quiet until bleeding has stopped and do not blow the nose.

FAINTING:—A faint ordinarily does not last long. Loosen the clothing and wipe the face with a cloth wet in cold water. Elevate the lower part of the body if possible, or let the head hang over the end of the couch. Put ammonia, smelling salts or vinegar on a cloth and pass back and forth under the nose. If fainting is of long duration, call a doctor at once. After being revived, cover to prevent a chill.

To remove dirt from the eye:—Roll back the upper lid. Fold a handkerchief to a point. Touch the spot gently with the point. The dirt will stick to the handkerchief.

Tip the head back and pour milk freely into the eye. The liquid will wash out the dirt while the fat in it greases the inflamed part.

REPRESENTATIVE MENUS

BREAKFAST NO. 1.

		Fruit	
		Cereal and Cream	
Bacon		Eggs	Cream Potatoes
	Toast		Coffee
		Griddle Cakes	

BREAKFAST NO. 2.

Scrambled Eggs		Muffins
	Coffee	

BREAKFAST NO. 3.

	Fruit	
Broiled Steak		Fried Potatoes
	Corn Bread	Coffee

BREAKFAST NO. 4

Baked Hash		Baking Powder Biscuit
	Coffee	

DINNER NO. 1

Celery	Bouillon	Olives
Roast Meat	Mashed Potatoes	
Vegetable	Bread	Jelly
Salad	Cheese Sticks	
Pie or Pudding		Coffee

DINNER NO. 2.

Celery	Consomme	Radishes
Baked Fish	French Fried Potatoes	
	Brown Bread	
Roast Meat	Mashed Potatoes	Vegetable
Jelly	Relish	Bread and Butter
Salad	Cheese Balls	
Pie, Pudding	or	Ice Cream and Cake
	Coffee	

LUNCHEON NO. 1.

	Fruit Cocktail	
Croquettes		Cream Potatoes
Peas	Hot rolls	
Tomato Salad	Wafers	
Ice Tea	Cake	Coffee

LUNCHEON NO. 2.

	Cream Soup	
Salmon Turbot	Escalloped Potatoes	
	Baking Powder Biscuit	
	Tapioca Cream	

LUNCHEON NO. 3.

Cold Sliced Meat	Saratoga Potatoes	
Lettuce Salad	French Dressing	
Brown Bread	Ice Tea	
Berries or Sliced Fruit	Cake	

LUNCHEON NO. 4.

Broiled Ham	Baked Potatoes	
Macaroni	and	Cheese
Bread		Tea
Cottage Pudding	Sauce	

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APPENDIX—CHAPTER 3.

1

LIST OF SPICES.

Condiments are saline, aromatic or sharp tasting substances which are added to dishes to improve their flavor and stimulate digestion.

They are divided into several classes.

FIRST GROUP, SALINE CONDIMENTS

Common Salt—(Also a mineral food).

Saltpetre—Used in conjunction with common salt for preserving meat.

SECOND GROUP, PEPPER SUBSTANCES

Pepper—Corns or fruits of the pepper-tree. While fresh the corns are red, but become black on drying.

Cayenne pepper—Small red pods, grown all over the world, very powerful and fiery.

Chili—Grown in the Indies, sold dried or preserved in vinegar. This is very powerful and must be greatly diluted before being used.

Allspice—Jamaica Pepper is a berry of a tropical plant. It tastes and smells like a mixture of nutmeg, cloves, cinnamon and pepper. Used in cookies, cakes and pickles.

THIRD GROUP, AROMATIC SUBSTANCES

Cinnamon—Bark used in pickles, cakes and cookies.

Clove—A flower used in pickles, cakes and cookies.

Nutmeg—Nut used in cakes and cookies.

Mace—Outside covering of the nutmeg. Used in cakes, cookies and pickles.

Turmeric Root—Used in pickles.

Ginger—Root used in cakes, cookies and preserves.

FOURTH GROUP, SUBSTANCES WITH SHARP OIL

Mustard—A seed used in pickles and salads.

Tarragon—Leaves of a plant used in vinegar and sauces.

Annis—A seed used in cakes, candies and pickles.

Caraway—A seed used in cakes, candies and pickles.

Coriander—A seed used in oakes, candies and pickles.

Horse-radish—A root used in pickles and to serve with meats.

FIFTH GROUP, AROMATIC HERBS

Bay-leaf—A leaf used in sauces, stews and pickles.

Thyme—The whole plant is used while in blossom, in stuffings.

Marjoram—A leaf used in dressings.

Savory, Summer and Winter—A leaf used in meats and stuffings.

Mint—A leaf used in sauces for meats and in flavoring ices.

Sage—A leaf used in stuffing for meats.

Dill—Flower-top used in pickles.

2

PREPARATION OF VEGETABLES

Wash thoroughly, pare, peel or scrape, according to the vegetable. Let stand in cold water until they are to be cooked, to keep crisp and from becoming discolored.

Vegetables are usually cooked in boiling water, salt being added when vegetables are partly done, using 1 tsp. salt to a quart of water. Use as little water in boiling as practicable.

When vegetable is sufficiently cooked, drain off water at once. Season and serve.

The time required for cooking a vegetable depends upon its size, age and freshness.

TIME TABLE FOR COOKING VEGETABLES.

Corn—Husk, but do not wash; boil 5 to 20 min.

Peas—Shell; boil 15 to 20 min.

Asparagus—Wash, cut off tough ends, and tie in bunches or cut into inch pieces; boil 20 to 30 min.

White Potatoes, scrub and pare when necessary; Boil—20 to 30 min., Bake—45 to 60 min.

Sweet Potatoes, scrub—Boil 20 to 30 min.; Bake 45 to 60 min.

Spinach—Pick over and wash in several waters, cut off roots. Boil 20 to 30 min.

Cabbage—Trim and soak, top down, in cold water to draw out insects. Boil 45 min. to 1 hr.

Cauliflower—Same as cabbage; boil 30 to 45 min.

Parsnips—Scrub until white and trim off fine roots; boil 30 to 45 min.

Carrots—Scrub and scrape off the thin outer surface; boil 30 to 45 min.

Turnips—Scrub and pare; boil 30 to 45 min.

Beets—Wash carefully, for if the skin be broken, the sugary juices will escape; leave on 1 in. of the stem. Boil 1 hr. to 3 hrs.

Onions—Peel under water; boil 30 min. to 1 hr.

Beans—Shell; boil 45 to 60 min.

String Beans—Wash, strip off the ends and strings on each side. Cut or break into small pieces; boil 30 min. to 2 hrs.

Soft Shelled Squash—Wash, pare and cut out as desired; bake or boil 45 min. or till tender.

Hard shelled squash—Wash, split and cook in the shell; bake or boil 45 min. or till tender.

Celery—Wash and scrape off rusty portions; boil 1 hr.

3

TIME TABLE FOR BAKING

White Bread.	45 to 60 min.
Biscuits or Rolls (raised)	12 to 20 min.
Biscuits (baking powder)	12 to 15 min.
Muffins.	15 to 25 min.
Gingerbread.	25 to 35 min.
Cookies.	6 to 10 min.
Sponge Cake.	45 to 60 min.
Cake (layer)	20 to 30 min.
Cake (loaf)	40 to 60 min.
Pies.	30 to 45 min.

TIME TABLE FOR COOKING MEATS

Roast Beef (rare).	15 min to the lb.
Roast Beef (well done).	20 min. to the lb.
Roast Pork.	30 min. to the lb.
Roast Veal.	30 min. to the lb.
Mutton Leg.	10 to 12 min to the lb.
Roast Chicken.	20 to 30 min. to the lb.
Turkey (10 lbs.).	3 hrs.
Fish, long and thin (6 to 8 lbs.)	1 hr.
Fish, thick (6 to 8 lbs.).	1½ to 2 hrs.

4

STANDARD WEIGHT OF A BUSHEL

Section 6418 of the General Code of Ohio provides that a bushel of the respective articles named below shall weigh as follows:

Wheat.	60 lbs.
Beans.	60 lbs.
Peas.	60 lbs.
Hominy.	60 lbs.
Irish Potatoes.	50 lbs.
Onions.	55 lbs.
Dried Peaches.	33 lbs.
Corn (ears).	68 lbs.
Popcorn (ears).	42 lbs.
Tomatoes.	56 lbs.
Apples.	50 lbs.
Peaches.	48 lbs.
Turnips.	60 lbs.
Carrots.	50 lbs.
Beets.	56 lbs.

(The above are but a few of the items listed under Section 6418).

TABLES OF STANDARD WEIGHTS AND MEASURES

DRY MEASURE, U. S. STAND.

2 pints.....	1 quart.
8 quarts.....	1 peck.
4 pecks.....	1 bushel.
1 bushel contains. . .	2150.42 cu. inches.

LIQUID MEASURE, U. S. STAND.

4 gills.....	1 pint.
2 pints.....	1 quart.
4 quarts.....	1 gallon.
1 gallon.....	231 cu. inches
31½ gal.	1 barrel.
1 gal. water at 62° F	weighs 8.335 lbs.

AVOIRDUPOIS OR COMMERCIAL WEIGHT

16 drachms or 437.5 grains...	1 ounce.
16 ounces or 7000 grains....	1 pound.
2000 lbs.	1 short ton

APOTHECARIES WEIGHT

20 grains.....	1 scruple.	
3 scruples.....	1 drachm.....	60 grains.
8 drachms.....	1 ounce.....	480 grains
12 ounces.....	1 pound.....	5760 grains.

LONG MEASURE

12 inches.....	1 ft.
3 ft.....	1 yard.
16½ ft.....	1 rod.
5280 ft.....	1 mile.

SQUARE MEASURE

144 sq. inches.....	1 sq. foot.
9 sq. ft.	1 sq. yard.
30 $\frac{1}{4}$ sq. yds.....	1 sq. rod.
160 sq. rods.....	1 acre.
4840 sq. yards.....	1 acre.
43560 sq. feet.....	1 acre.
640 acres.....	1 sq. mile.

5

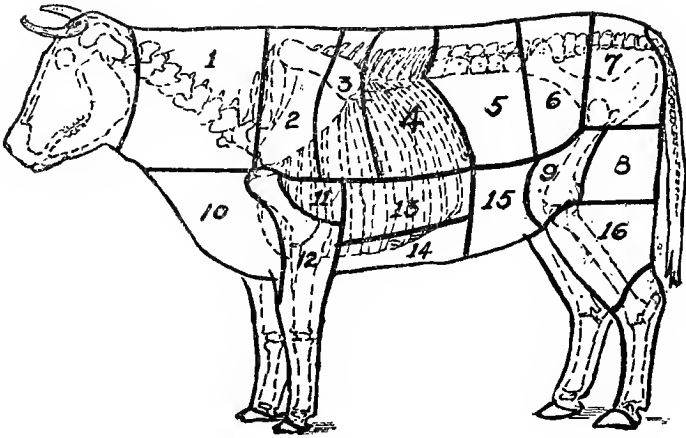
AMOUNTS REQUIRED FOR 50 PEOPLE.

There are 25 to 30 cups to 1 gallon.	
Coffee.	3 gal..... 1 $\frac{1}{2}$ lbs.
1 pt. cream to 1 lb. coffee.	
Chocolate... ..	2 gal..... 1 lb.
Loaf Sugar.....	2 lb.
Whipped Cream.	2 qt.
Lemonade.....	2 $\frac{1}{2}$ gal... 2 doz. lemons
Punch.	1 gal..... 9 lemons
	4 oranges
	1 pineapple
Bouillon (hot).....	2 $\frac{1}{2}$ gal.
Ice Cream.....	2 $\frac{1}{2}$ gal. bulk
	2 gal. brick
Sherbet.	1 $\frac{1}{2}$ gal. (if in glasses)
Cakes.	4 round.
	3 square
Wafers.....	5 boxes
Berries... ..	7 to 10 qts.
Sugar for berries.. . . .	2 lbs.
Ham.	1 small
	$\frac{1}{2}$ large
Chicken or Turkey dressed	
but uncooked.....	25 lbs.
Salad.....	1 $\frac{1}{3}$ gal.
Chicken Salad.	7 lb. chicken.

- Lobster 2 for 1 qt. salad.
 Potato chips 4 lbs.
 Olives 1 qt. (200 to 210 in a bottle)
 Rolls 6 doz.
 Butter 1 lb.
 Sandwiches . . . (1 sandwich loaf cutting 24 slices)
 3 to 6 loaves.
 (1 ordinary loaf cutting 16 slices)
 4 to 8 loaves
 Each loaf requires about $\frac{1}{3}$ lb. of butter.
 Meat for croquettes 3 qts.
 Mixture for Patties 2 qts.
 Fruit Jelly 5 qts.

6

BEEF



- | | |
|--------------------------|-----------------|
| 1.—Neck. | 10.—Brisket. |
| 2.—Chuck. | 11.—Cross-ribs. |
| 3.—Blade. | 12.—Shoulder. |
| 4.—Prime ribs. | 13.—Plate. |
| 5 & 6.—Loin (6 sirloin). | 14.—Navel |
| 7.—Rump. | 15.—Flank. |
| 8.—Round. | 16.—Leg (shin). |
| 9.—Top-sirloin. | |

OTHER PARTS OF BEEF USED AS FOOD

Brain, used for croquettes.

Tongue, used for boiling (smoked or fresh).

Heart, to be stuffed and baked.

Liver, to be sauted.

Tripe, (fourth stomach) to be pickled or sauted fresh.

Suet, to be used for puddings and mince-meat.

Tail, to be used for soup.

Name of Cut.	Use.	Quality of Meat.	Time for Cooking.	How to Purchase.
Neck	Stews Soups	Juicy but tough.	2½ to 3 hrs. 6 to 7 hours.	In pieces by pound.
Chuck 10th, 11th, 12th, 13th ribs.	Braised, Pot Roasts, Stews, Steaks	Tough	2 to 3 hours. Steak ¾ in. thick 4 to 6 min.	In pieces by pound. Slices.
Blade 7th, 8th, 9th ribs.	Roasts	Lean, mostly tender, but contains gristle and bone.	15 to 20 min. to pound.	In pieces by pound, blade removed.
Prime ribs first 6 ribs.	Fine roasts	Very tender with considerable bone.	15 or 20 min. to pound.	In pieces with parts of two or more ribs. Bone and rolled.
Loin All between 1st rib and rear end of hip bone.	Steaks Roasts	Lean, tender 1st—Porter House 2nd—Hip bone sirloin. 3rd—Flat bone sirloin. 4th—Round bone sirloin.	¾ in. thick 4 to 6 min. 15 to 20 min. to pound.	In slices, one to two inches thick. In pieces by pound.
Rump Back of loin.	Pot Roasts Corned Boiled.	Tough with considerable bone	2 to 3 hours.	In pieces by pound.
1. Top Round. Inside of thigh 2. Bottom Round. Out- side of thigh	Braising Pot-roast Beef tea Fair roasts Steaks	Solid, juicy, fairly tender Similar to top round but tougher	2 to 3 hrs. Steak ¾ in. thick, 4 to 6 min.	In pieces by pound. In slices.
Top Sirloin Between Sirloin and round.	Fairly good steak Excellent Pot- roasts.	Solid, juicy.	¾ in. thick, 4 to 6 min. 15 to 20 min. to pound.	In slices. In pieces by pound.



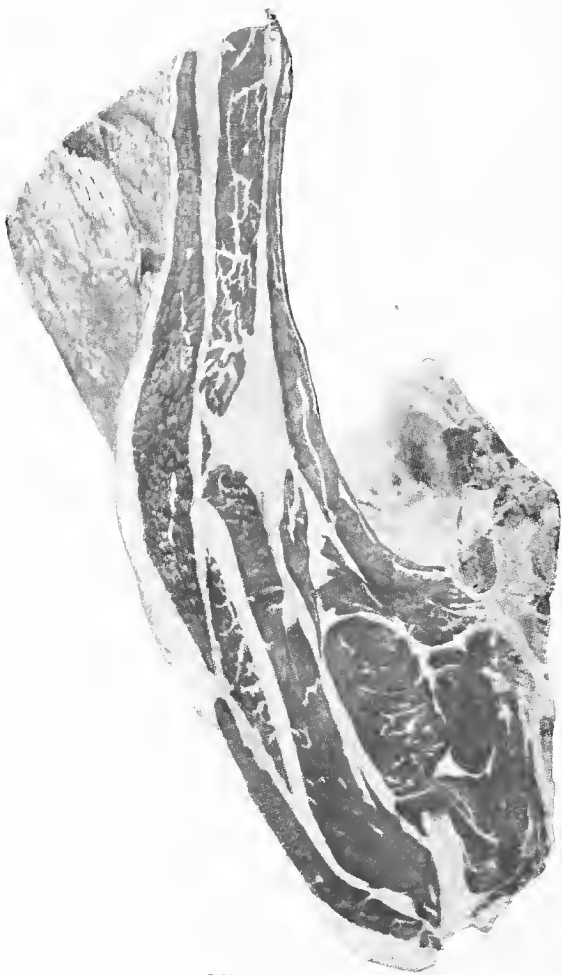
SIDE OF STEER AFTER BEING
DRESSED

Courtesy of
Swift Packing Company



LOIN OF BEEF
"Where the Sirloins Come From"

Courtesy of
Swift Packing Company



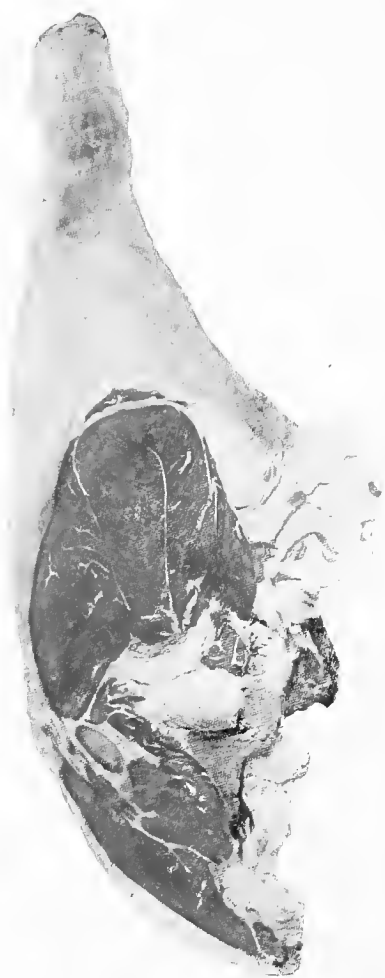
RIBS OF BEEF
"Roast"

Courtesy of
Swift Packing Company



CHUCK OF BEEF

Courtesy of
Swift Packing Company

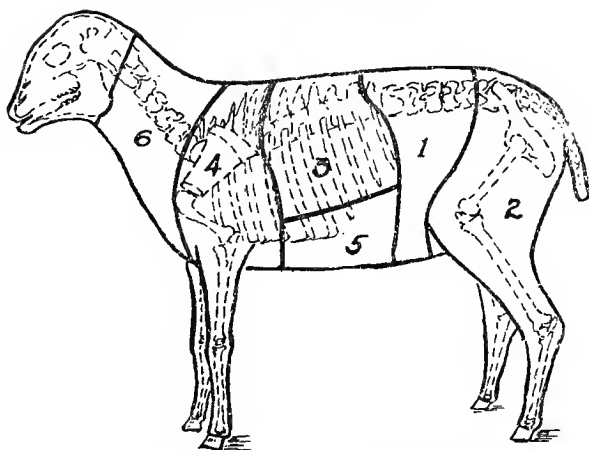


ROUND OF BEEF

Courtesy of
Swift Packing Company

Name of Cut.	Use.	Quality of Meat.	Time for Cooking.	How to Purchase.
Brisket Between the fore-legs	Corned Boiled	Layers of juicy, well flavored meat over fat and bone.	2 to 3 hours.	In a piece by pound.
Cross-ribs, lies across the ribs.	Pot roasts Stews.	Fairly juicy	15 to 20 min. 2 to 3 hours.	In pieces by pound.
Shoulder	Steaks Roasts	Tough	Steak $\frac{3}{4}$ in. thick 4 to 6 min. 20 min. to pound.	Slices. In pieces by pound.
Plate On side below ribs.	Corned Stews,	Layers of fat and lean with thin bone	2 to 3 hours.	In pieces by pound.
Navel Underneath the plate.	Corned, Boiled.	Layers of fat and lean.	2 to 3 hrs.	In pieces by pound.
Flank Below the loin 1. Thick flank 2. Thin flank	1st Stewed, 2nd Boiled. 3rd Rolled and 4th Steaks	Coarse, fine flavor no bone.	2 to 3 hours. Steak $\frac{3}{4}$ in. thick 4 to 6 min.	In pieces by pound. Slices.
Leg.	Soup	Fat, lean, and bone; 6 to 7 hrs. juicy but tough		In pieces by pound.

MUTTON OR LAMB



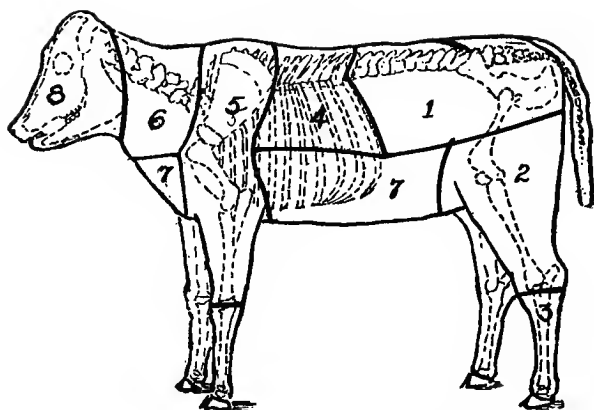
1.—Loin.
2.—Leg.
3.—Ribs.

4.—Shoulder.
5.—Breast.
6.—Neck.

Name of Cut.	Use.	Quality of Meat.	Time for Cooking.	How to Purchase.
Loin. All between 1st rib and rear end of hip bone.	Roasted	Contains tenderloin has less bone than rib chops, there- fore more econ- imical.	Chops about 20 min. Roasts 15 or 20 min. to lb.	Chops Two whole loins called "Saddle of mutton."
Legs Includes rump.	Whole, Roasted or boiled Chops, broiled.	Fine solid meat	Whole 20 min. to the pound. Chops 20 min.	Whole or by lb. Chops.
Ribs	Chops pan broiled "Rack of mutton" Roasted	Tender	Chops about 20 min. Roasts 15 to 20 min. to pound.	Chops. In pieces by pound.
Shoulder Includes fore- leg and some times two or more ribs.	Stuffed and Roasted	Considerable refuse Fairly tender.	20 min. to lb.	Whole by pound.
Breast	Stewed, Broth	Lean and bone with $1\frac{1}{2}$ to 2 hrs. a little fat.		Cut in pieces.
Neck	Stewed.	Tough.	$1\frac{1}{2}$ to 2 hrs.	Cut in pieces.

8

VEAL

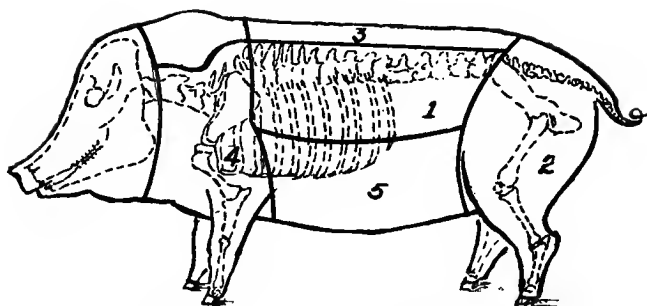


1.—Loin.
2.—Leg.
3.—Knuckle.
4.—Ribs.

5.—Shoulder.
6.—Neck.
7.—Breast.
8.—Head.

Name of Cut.	Use.	Quality of Meat.	Time for Cooking.	How to Purchase.
Loin.	Fried Roasted.	Tender.	Chops 15 to 20 min. $\frac{1}{2}$ hr. to the lb.	Sliced in chops or sold in roasting pieces.
Leg (hind)	Cutlets, fried	No waste. Most valuable part of the calf.	20 to 30 min.	Sliced into cutlets.
Knuckle Lower part of hind leg	Soup	Gelatinous	2 hrs.	Whole.
Ribs.	Fried.	Tender.	20 to 30 min.	Chops.
Shoulder Fore leg and part of ribs.	Roasted Braised	Tender	$\frac{1}{2}$ hr. to lb.	Whole.
Neck.	Stews.	Gristly.	2 hrs.	Cut in pieces.
Breast	Stuffed and Roasted	Bony and some fat	1 to $1\frac{1}{2}$ hrs.	Whole.
Head	Soup	Tough.	3 hrs.	Cut in pieces.

PORK



- 1.—Loin.
2.—Ham.
3.—Back, Clear fat.
4.—Shoulder.
5.—Flank.
6.—Jowl.

Name of Cut.	Use.	Quality of meat.	Time for cooking.	How to Purchase
Loin.	Pan broiled. Roasted.	Tender and fairly lean.	Chops 20 min. Roast $\frac{1}{2}$ hr. to pound.	Chops and roasting pieces.
Ham Hind leg and parts corresponding to rump and round	Usually cured salted and smoked, then boiled or sliced and pan broiled Sometimes roasted fresh.	Solid lean with layer of fat, half an inch thick or more on one side	Boiled 4 to 5 hrs.	Whole, in halves or sliced (after being smoked.)
Back Close to backbone.	Used for frying, flavoring, larding, etc.	All fat		Cut into strips.
Shoulder Includes fore leg.	Boiling.	Similar to ham but not so good.	4 to 5 hrs.	Cured whole or sold fresh.
Flank Salt pork and bacon.	Pan broil.	Fat with streaks lean	5 to 10 min.	The piece or sliced.

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Fruit.
Cake and Cookies.
Puddings.
Vegetables.
Meats—Warmed-over.
Salad Dressing.
Chafing Dish recipes.
Casserole Dishes.
Poultry.
Pastry.

APPENDIX—CHAPTER 4.

BREADS

WAFFLES

2 c. flour.	2 eggs.
4 tsp. baking powder.	1 $\frac{1}{4}$ c. milk.
$\frac{1}{2}$ tsp. salt.	1 tsp. butter melted.

Mix dry ingredients, add milk, yolks of eggs, butter and beaten whites. Cook on a greased hot waffle iron. Any pancake batter can be made into waffles.

A waffle iron should fit well on the range. Heat well on both sides and grease. Fill by putting a tablespoonful of the mixture in each compartment near the center, cover, and it will spread to fill it. If it is sufficiently heated it should be turned almost as soon as filled and covered.

DUTCH APPLE CAKE

2 c. flour.	4 tbsp. butter and lard mixed.
3 tsp. baking powder.	1 c. milk.
$\frac{1}{2}$ tsp. salt.	1 egg.
2 apples.	

Mix dry ingredients, cut in the butter, add milk and beaten egg. Spread on greased shallow pans. Pare, core and cut apples in slices, laying them in rows on top of the dough, pressing in slightly. Sprinkle top with sugar and cinnamon mixed, and bake in a hot oven from 20 to 30 min. Serve with sauce.

NUT BREAD

2 c. graham or white flour.	4 tsp. baking powder.
1 tsp. salt.	2 tbsp. sugar.
1 c. sweet milk.	1 egg.
$\frac{1}{2}$ c. nut meats.	

Mix the flour, baking powder, salt and sugar. Add the milk and egg. Beat thoroughly and add nut meats. Put in greased bread pans, let rise $\frac{1}{2}$ hr. and bake in a moderate oven 45 to 60 min.

SOUPS

CORN SOUP

1 can corn.	2 tbsp. butter.
1 pt. boiling water.	2 tbsp. flour.
1 pt. milk.	1 tsp. salt.
1 slice onion.	$\frac{1}{4}$ tsp. pepper.

Cook corn in boiling water 20 min. Strain. Scald milk with the onion, remove onion and add strained corn juice. Thicken with the butter and flour, and season.

TO CLEAR SOUP

To every quart of stock add the white of 1 egg, and lemon rind, salt, and celery salt to season. Bring to a boil, stirring constantly, strain through double thickness of cheesecloth, reheat and serve.

NOTES

FRUITS

STEWED APPLES

Core and pare apples, rub the surface with a cut lemon. Cook, turning often until tender, in a syrup made of 1 c. sugar and 1 c. water and a little lemon peel. Remove carefully, boil the syrup down a little and strain over the apples. Serve cold.

Pears may be prepared in the same way, making the syrup of brown sugar.

APPLES STUFFED WITH ONIONS

Cut out a small portion from stem end of the apple. Chop onion fine and fill hollow space. Place in baking dish and sprinkle with 1 c. of brown sugar and dot well with butter. Fill dish half full of water and bake slowly about 1½ hour, or until apples are baked very soft. Serve with pork chops, roast pork, roast goose or roast duck.

CAKE

CRUMB COOKIES

½ c. lard.	2 eggs.
1 c. sugar.	3 c. flour.
½ c. molasses,	2 tsp. cinnamon.
½ c. cold water.	1 tsp. cloves.
1½ c. dried cake crumbs.	1 tsp. soda.
½ c. raisins.	

Cream lard and sugar together, add molasses, cold water, cake crumbs and beaten eggs; then the flour mixed with the spices and soda, stir in the raisins cut in small pieces, and drop by spoonfuls on greased tins. Put a small drop of jelly in the center of each cake and bake in a moderate oven.

ANGEL FOOD

Whites of 11 eggs.	1 c. flour.
1½ c. sugar.	1 tsp. cream of tartar.
1 tsp. flavoring.	

Sift sugar. Sift flour with half of the cream of tartar three times. Beat whites to a foam, add the other half of the cream of tartar and beat until very stiff. Add sugar, mixing with a spoon, and the flavoring. Fold in the flour lightly. Pour into ungreased pan lined with greased paper, and bake in slow oven 40 to 50 min.

CHOCOLATE FROSTING

2 squares chocolate.	Yolk 1 egg.
1 scant c. powdered sugar.	$\frac{1}{2}$ tsp. flavoring.
3 tbsp. milk.	

Melt chocolate over hot water. Add one-half the sugar and all of the milk.

Add remaining sugar and slightly beaten yolk. Cook until it thickens, stirring constantly, cool slightly; flavor and spread on cake.

SPONGE CAKE

6 eggs.	Grated rind of $\frac{1}{2}$ lemon.
1 c. sugar.	1 c. flour.
1 tbsp. lemon juice.	$\frac{1}{4}$ tsp. salt.

Beat whites until lemon-colored and thick, add sugar gradually and continue beating. Add lemon juice and rind and whites beaten very stiff. When whites are partly mixed in, add flour and cut in carefully. Place in ungreased tin with paper fitted to the bottom and bake 1 hr. in a slow oven.

SAND TARTS

$\frac{1}{2}$ lb. butter (1 c.)	3 eggs.
1 lb. brown sugar $2\frac{3}{4}$ c.	1 lb. flour (4c.)

Cream the butter, add the sugar, beaten eggs, leaving out the white of one, and then the flour. Roll thin, cut into 3 in. squares. Brush with the white of egg and sprinkle with granulated sugar and cinnamon mixed. Put a nut or raisin in the center of each and bake in a quick oven.

GOLD CAKE

$\frac{3}{4}$ c. butter.	4 tsp. baking powder.
$1\frac{1}{2}$ c. sugar.	$\frac{3}{4}$ c. milk.
Yolks of 8 eggs.	Flavor with orange.
$2\frac{1}{2}$ c. flour.	

Cream butter, add sugar. Beat yolks until thick and lemon colored and add to the first mixture. Add flour and milk alternately, beginning with the flour. Put baking powder in the last half cup of flour. Flavor and bake in a loaf.

DOUGHNUTS

SOUR MILK FRIED CAKES

$\frac{1}{4}$ c. shortening.	1 tsp. cream tartar.
2 c. sugar.	$\frac{1}{2}$ tsp. salt.
3 eggs.	Flour.
1 pt. sour milk.	$\frac{1}{2}$ tsp. cinnamon or nutmeg.
1 tsp. soda.	

Mix in order given, mixing soda, cream of tartar and salt with 2 c. flour, then more flour to make a soft dough. Turn on a floured board, roll about $\frac{1}{2}$ inch thick, cut and fry.

POTATO FRIED CAKES

2 good sized potatoes.	2 eggs.
2 tbsp. butter.	4 tsp. baking powder.
1 c. sugar.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{2}$ tsp. cinnamon or nutmeg.	Flour.

Boil and mash potatoes, add butter, sugar, eggs and 2 c. flour mixed with salt and baking powder, then more flour to make a soft dough. Turn on a floured board, roll $\frac{1}{2}$ inch thick, cut and fry.

HERMITS

$\frac{1}{3}$ c. butter.	$\frac{1}{3}$ c. raisins stoned and chopped.
$\frac{2}{3}$ c. sugar.	$\frac{1}{2}$ tsp. cinnamon.
1 egg.	$\frac{1}{4}$ tsp. cloves.
2 tbsp. milk.	$\frac{1}{4}$ tsp. mace.
2 c. flour.	$\frac{1}{4}$ tsp. nutmeg.
2 tsp. baking powder.	

Cream butter, add sugar gradually, raisins, beaten egg and milk. Mix and sift the dry ingredients and add. Roll a little thicker than plain cookies. Cut and bake.

NOTES

LEMON SNOW BALLS

3 eggs beaten separately. Grated rind and juice $\frac{1}{2}$ lemon.
1 c. sugar. 1 c. flour.
3 tbsp. water. 1 tsp. baking powder.

Beat yolks, add sugar, lemon rind and juice, and water, then flour mixed with baking powder. Fold in beaten whites and steam in buttered cup $\frac{1}{2}$ hr. Serve with lemon sauce.

LEMON SAUCE

2 c. hot water. Grated rind and juice 1 lemon.
1 c. sugar. 1 tbsp. butter.
2 tbsp. corn starch.

Mix sugar and corn starch and pour over them the boiling water. Cook ten minutes, remove from the fire and add the lemon rind, juice and butter. Stir till butter is melted and serve.

PRUNE SOUFFLE

$\frac{1}{2}$ lb. prunes. Whites of 3 eggs.
1 c. sugar.

Cook prunes until very tender. Put through a sieve. When cool, add sugar and beaten whites. Bake in a buttered pan set in a pan of hot water in a moderate oven about 20 min. For prune whip, use whites of two eggs, cut prunes instead of straining and do not bake.

ORANGE CORNSTARCH

2 or 3 oranges. 2 c. milk.
4 tbsp. cornstarch. 1 tsp. vanilla.
 $\frac{1}{2}$ c. sugar. 1 egg.
 $\frac{1}{8}$ tsp. salt.

Slice the oranges in the bottom of a baking dish and sprinkle with 3 tbsp. sugar.

Mix the cornstarch, sugar, and salt thoroughly. Pour the scalded milk over it, and cook till it thickens. Add the yolk of the egg when slightly cooled and the vanilla. Pour this blanc mange over the oranges. Beat the white of the egg till stiff on a plate, add 1 tbsp. powdered sugar. Spread this lightly over the pudding and bake in the oven till a delicate brown.

SNOW PUDDING

$\frac{1}{4}$ box gelatine (Knox)	1 c. sugar.
$\frac{1}{4}$ c. cold water.	4 tbsp. lemon juice.
1 c. boiling water	Whites 3 eggs beaten stiff.

Soak the gelatine in cold water 10 min. Add the boiling water, sugar and lemon juice. Stir until the sugar is dissolved. Cool until like thick cream stirring occasionally. Then beat the whites of eggs. Add to the gelatine and whip in lightly. When it commences to thicken, pour into a wet mould and set on ice until firm. Serve with a boiled custard made from the yolks of the eggs.

BOILED CUSTARD

2 c. milk.	$\frac{1}{8}$ tsp. salt.
Yolks 3 eggs.	$\frac{1}{4}$ tsp. vanilla.
$\frac{1}{2}$ c. sugar.	

Heat milk in double boiler, beat eggs slightly, add sugar and salt. Pour the hot milk gradually on the eggs, stirring constantly. Cook in double boiler till the mixture thickens and a coating is formed on the spoon. Take custard from the fire before it is done, as the heat of the boiler cooks it even while it is being turned out. If it begins to curdle, set the upper part of the double boiler immediately into cold water and beat with Dover egg beater. Strain if necessary, cool and flavor.

SPONGE PUDDING

1 tbsp. butter.	1 pt. milk.
$\frac{1}{2}$ c. flour.	$\frac{1}{2}$ tsp. baking powder.
$\frac{1}{4}$ c. sugar.	3 eggs beaten separately.

Mix the sugar and flour, wet in a little cold milk and stir into a pint of boiling milk. Cook till thick and smooth, add butter and beaten yolks. When cool add baking powder and fold in beaten whites. Bake in a pudding dish set in a pan of hot water 25 to 30 min. Serve with creamy sauce.

CREAMY SAUCE

$\frac{1}{4}$ c. butter.	4 tbsp. cream.
$\frac{1}{2}$ c. powdered sugar.	1 tsp. vanilla.

Cream the butter. Add sugar gradually and the cream drop by drop. Set over hot water and beat till smooth and creamy but do not melt the butter. Flavor.

NOTES

CURRIED VEGETABLES

Cook one cup each of potatoes and carrots and $\frac{1}{2}$ c. turnip, cut in fancy shapes, in boiling salted water until soft. Drain, add one-half c. heated canned peas and pour over the sauce.

SAUCE:—Cook two slices of onion in 2 tbsp. butter for 5 min. Remove the onion and add 2 tbsp. flour, $\frac{3}{4}$ tsp. salt, $\frac{1}{2}$ tsp. curry powder, $\frac{1}{4}$ tsp. pepper and a few grains of celery salt. Pour over this gradually 1 c. scalded milk and stir till thick. Add 1 tbsp. chopped parsley, pour over cooked vegetables and serve.

ESCALLOPED CABBAGE

Put a layer of cold cooked cabbage in a buttered baking dish, then a layer of medium white sauce, to which has been added grated cheese, and chopped pimento peppers using $\frac{1}{3}$ c. each to 1 c. white sauce. Cover with buttered crumbs and bake 20 min. or until crumbs are brown.

BAKED GREEN PEPPERS

Take out the contents of 6 green peppers, cover them with boiling water and stand 1 hr. Fill with a mixture of boiled rice, cooked tomatoes a little chilli sauce and blanched and chopped almonds. Put in a baking pan with a little boiling water and a lump of butter. Bake, basting as for a roast, $\frac{1}{2}$ hr. or until tender. When ready to serve pour over them a sauce made of the yolks of 4 eggs, 2 tbsp. melted butter, $\frac{1}{2}$ c. hot water, 1 tbsp. vinegar and salt to taste. A slice of onion may be added if desired. Beat eggs slightly add butter, water and vinegar. Cook until it thickens and remove immediately and season to taste.

BEEF AND RICE CROQUETTES

Mix 1 c. raw beef, from round, cut fine with $\frac{1}{3}$ c. rice. Add $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ tsp. pepper and a speck of cayenne. Wrap in cabbage leaves which have been boiled 2 min. and stew 1 hr. in tomato sauce.

TOMATO SAUCE

Brown 4 tbsp. butter, add 5 tbsp. flour and brown. Add $1\frac{1}{2}$ c. each stock and stewed and strained tomatoes, 1 slice each

carrot and onion, a bit of bay leaf, sprig of parsley, 4 cloves, $\frac{3}{4}$ tsp. salt, $\frac{1}{4}$ tsp. pepper and a speck of cayenne. Cook and strain.

MEAT SOUFFLE

Mix 1 c. white sauce and 1 c. chopped meat, season with onion and parsley, add yolks of 2 eggs and cook 1 min. When cool, fold in the beaten whites of eggs and bake in a buttered baking dish about 20 min. Serve at once.

MAYONNAISE DRESSING

Rub yolk of 1 egg with silver fork until smooth. Add olive oil drop by drop stirring constantly. As the mixture thickens, thin with a few drops of vinegar or lemon juice. Repeat until desired amount is made and season with salt and cayenne pepper. If oil is added too rapidly the dressing will separate. This may be remedied by taking the yolk of another egg and adding the curdled mixture slowly to it. The olive oil should be thoroughly chilled.

BOILED SALAD DRESSING

1 tsp. salt.	Yolks 2 eggs or 1 whole egg.
$\frac{1}{2}$ tsp. mustard.	$\frac{3}{4}$ c. milk.
1 tbsp. sugar.	$\frac{1}{4}$ c. vinegar.
Few grains cayenne.	1 tbsp. butter.
1 tbsp. flour.	

Mix dry ingredients, add beaten egg. Mix thoroughly, then add milk. Pour in vinegar slowly. Cook over hot water until it thickens, stirring constantly. Add butter, beat with spoon till butter is melted. If it curdles, beat with Dover egg beater.

NOTES

CHAFING DISH

CREAMED SWEETBREADS

Parboil and dice a pair of sweetbreads. Stir into a pint of cream sauce.

CURRIED SARDINES

Mix 1 tsp. each of sugar and curry powder. Add 1 c. cream and 1 tsp. lemon juice. Stir until hot and add 8 or 9 sardines.

PANNED OYSTERS

Put 2 tbsp. butter for each doz. or $\frac{1}{2}$ pt. oysters in a chafing dish. Season with salt and paprika and add $\frac{1}{4}$ c. cream as the oysters curl. 1 tsp. flour may be added to the butter before the oysters are put in. Mushrooms, chopped celery or sweetbreads may be added.

CASSEROLE

No special recipes are needed, for any meat which should be stewed or reheated in a sauce may be cooked with better result in the oven in the casserole.

The amount of water, stock or liquid in which the article is to be cooked should be relatively small and in general seasoned.

The time in general should be multiplied by two, that is if the recipe calls for a half hour, cook in the oven for an hour or a little less. The liquid in the casserole must simmer, not boil.

CHICKEN EN CASSEROLE

Separate the fowl into joints and brown in butter, bacon or salt pork fat. Put in the casserole adding $1\frac{1}{2}$ c. of hot stock and cover. Cook slowly for $1\frac{1}{2}$ hrs. Then add the vegetables, putting in those first that require the longest time to cook. The carrots and onions require a long time and canned vegetables a short time. When all are cooked, a well seasoned brown sauce should be made and added. Cook a few minutes and serve.

POULTRY.

TO SELECT A CHICKEN:—The flesh of poultry has less red blood and is drier than the flesh of animals. It is not marbled with fat, as that is found in layers just inside the skin and around the intestines. Chicken is easily digested. It is found in market throughout the year. From March till June, the spring chickens are the best.

Turkeys and ducks are best during the winter months.

The best chickens have soft, yellow feet, short thick legs, smooth moist skin, plump breast, and the cartilage on the end of the breast bone is soft and pliable.

Pin feathers always indicate a young bird, and long hair an older one. Older fowls have long thin necks and feet and sharp scales; the end of the breast bone is hard, the flesh has a purplish tinge, and there is usually a large amount of fat.

TO CLEAN POULTRY

Singe by holding on a flame of any kind to remove long hairs. Cut off the head and draw out the pin feathers with a small pointed knife.

By putting the first two fingers under the skin close to the neck, the wind pipe may be easily found and removed; also the crop which is found fastened to the skin close to the breast. Draw down the neck skin and cut off neck close to the body, leaving skin enough to fasten under the back.

Cut through the skin around the leg an inch and a half below the leg joint. Be careful not to cut the tendons; place the leg at this cut on the edge of the board and snap the bone and pull off the foot with the tendons. In an old bird the tendons will have to be drawn out separately.

Cut through the skin below the breast bone large enough to admit the hand. Begin at the top and with the hand loosen the intestinal organs, keeping the hand close to the side, being careful not to break the gall bladder which is removed with the liver, being near it. Remove the lungs which are enclosed by the ribs on either side of the back bone; the kidneys in the hollow near the end of the back bone; the heart found near the lungs; and eggs if any. Remove the oil bag near the tail and wash fowl thoroughly by letting water run through it.

If there is a disagreeable odor, wash in soda water.

TO CLEAN THE GIBLETS:—The gizzard, heart and liver are known as the giblets. Separate gall bladder from the liver, cutting off any liver that may have a greenish tinge. Remove the thin membrane, veins and clotted blood from around the heart. Cut fat and membrane from the gizzard. Make a gash through the thickest part of the gizzard, cutting as far as the inner lining, leaving that unbroken. Remove this inner sack and discard it. Wash all giblets carefully and thoroughly.

TO CUT UP A FOWL

Cut off the legs and wings at the joints. Separate the first and second joints. Cut off the tips of the wings. Make an incision through the skin below the breast bone and cut the membrane lying between the breast bone and the tail, down to the backbone on each side. Break the backbone first below the ribs, cut through the cartilage dividing the ribs and separate the collar bone from the breast.

ROAST CHICKEN

Clean and stuff chicken. Sew up the incision. Rub all over with soft butter and salt. Tie it into a compact shape, fastening the legs and wings close to the body, dredge with flour, lay pieces of salt pork over it. Place in a hot oven and when flour browns, baste with boiling water every 10 min. Turn chicken, that it may brown easily. When the breast is tender the chicken is sufficiently cooked. Roast a 4 lb. chicken about $1\frac{1}{2}$ to 2 hours. Use as little water as possible.

STUFFING

- | | |
|--------------------------------------|--------------------------|
| 1 c. crumbs. | Salt and pepper. |
| 4 tbsp. chopped salt pork or mutton. | Sage, marjoram or thyme. |
| $\frac{1}{4}$ c. boiling water. | |

Season crumbs, add water and salt pork and stuff the fowl, pressing in lightly and sewing incision.

GRAVY

To the fat in the pan, add 1 c. boiling water and 1. c milk. Thicken with 4 tbsp. flour wet in cold water. Cook till thick, or make like roast beef gravy.

CHICKEN FRICASSEE

Cut up a chicken. Sprinkle with salt, pepper and flour. Brown in butter or salt pork fat. Remove chicken; add 4 tbsp. flour to the butter or fat in the place and stir until smooth. Add gradually $1\frac{1}{2}$ c. boiling water or chicken stock. Put chicken back into this sauce and simmer 15 to 20 min. Before serving add $\frac{1}{2}$ c. cream and salt and pepper to taste.

Old chickens must be stewed until tender before sauteing in the fat.

PASTRY

CUSTARD PIE

2 eggs.	$1\frac{1}{2}$ c. milk.
3 tbsp. sugar.	Few gratings of nutmeg.
$\frac{1}{8}$ tsp. salt.	

Beat eggs slightly, add sugar, salt and milk. Line a deep pie tin with paste and build up a fluted or high rim. Strain the mixture and sprinkle with the nutmeg. Bake in a quick oven to set the rim, decrease the heat afterwards, as egg and milk in combination need to cook at a low temperature.

PUMPKIN OR SQUASH PIE

$1\frac{1}{4}$ c. steamed and strained squash or pumpkin.
$\frac{1}{4}$ c. sugar.
$\frac{1}{2}$ tsp. salt.
$\frac{1}{4}$ tsp. cinnamon, ginger, nutmeg or $\frac{1}{2}$ tsp. lemon extract.
1 egg.
$\frac{7}{8}$ c. milk.

Mix sugar, salt and spices or extract. Add squash, egg, slightly beaten and milk gradually. Bake in one crust, following directions for custard pie. For richer pie use an additional egg or egg yolk.

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